

Jennifer Vagios

Eat Well. Breathe Well. Be Well.



Jennifer Vagios. Yoga & Wellbeing.

Hi! My name is Jen, I'm the girl behind the blog; jennifervagios.com where I share my realistic, simple & sustainable solutions to wellbeing. I teach yoga & meditation and have a vast background in wellness as a nutritionist, fitness instructor & nutella enthusiast.



My focus is on simplifying healthy living, yoga & meditation so that it's accessible. I help people relieve stress, overwhelm & anxiety. I specifically work with digestive health issues, promote positive body image, functional medicine nutrition, recipes and all things wellbeing.

I started blogging in 2011 with my former blog "A Girl And Her Carrot" {a food blog}, I had to ditch the carrot so people could recognize my name. I like adding humor, coffee jokes & a realistic view to healthy living that maintains the realities of everyday life in mind. Ditch the diets, Do Yoga, Eat Real Food & Enjoy the Damn cupcake.



2,173



2,700



1,547



1.4k

Monthly Pageviews: 6,773

Subscribers: 300+ (new website)

Demographics: 84% United States

Seen Me On: Yoga Journal, Food Network, MyRecipes, Oribe Haircare, Disney Baby, MindBodyGreen, FoodBuzz & More. More Here...

Reader Gender: 95% Female

Reader Age: 22% between 25-44

Interests: Travel, Foodie, Cooking, Health/Fitness

SPONSORED POSTS: \$250

Want me to sponsor your product via a blog post? As long as it aligns with my beliefs I'll promote it. Lets chat first.

GIVEAWAY: \$250

Id love to give my readers & followers a chance to win something & increase your brands visibility. During the timeline of the giveaway, I will promote you on all social media platforms.

PRODUCT REVIEW: \$250

Want me to provide an honest review of your product? Great! As long as its a product I believe in, we might be a fit.

SOCIAL MEDIA PROMOS: \$250

Ill share your product on all social media platforms once a week for one month.



Ready To Get Started?

Email: jen@jennifervagios.com

Website: jennifervagios.com

Instagram @jennifervagios

Pinterest : Jennifer Vagios Yoga & Wellbeing

Facebook: Jennifer Vagios