



YOGA WITH CRYSTAL

YOGA + WELLNESS

YOGA | BLOG | PODCAST | SHOP



LET'S GET SOCIAL

FACEBOOK



@crystaltooren

average posts per week: 3

INSTAGRAM



@crystaltooren

average posts per week: 3

PINTEREST



@crystaltooren

average posts per week: 3

HELLO THERE!

I'm Crystal Toren! I'm a small town California girl with BIG dreams! Yoga teacher, cardiac nurse, podcaster and educator! I have the desire and passion to help educate, empower and inspire others to live their best life through health and wellness!

THE BLOG | MORNING TONIC

HEALTH | WELLNESS | SELF CARE | GOOD EATS

The health and wellness Blog and Morning Tonic podcast that's inspiring thousands amazing people to live a healthy and fulfilled life. I cover a variety of interesting and engaging topics including mindfulness, meditation, nutrition, fitness, self care, and all the other important sh*t you have been wondering about. The Blog and Morning Tonic podcast has something for everyone! Get ready to be inspired and equipped with the right tools to empower you to live a fulfilled life. Average blog posts and/or podcasts per week: 2

HOW TO BOOK

LET'S DO THIS

All sponsorships and collaborations are on a first come, first serve basis. To get your product or service lined up for collaboration, please email: hello@yogawithcrystal.com and include the product or service, the website, and what you envision for sponsorship.

Please allow 24-48 hours for a reply. I'm so excited to team up with you and work together to make things happen!

WWW.YOGAWITHCRYSTAL.COM