

Media Kit Carolin Krueger



Yoga, Health & Mindfulness

@carolin_chameleon

hello@carolin-krueger.com

MAY 2024

31 K
Instagram
followers

23 K
Accounts
engaged

523 K
monthly
reach

about me

I am a yoga teacher, videographer and content creator. I've worked in the film/media industry since 2017 and have been teaching yoga since 2019.

I am channeling my passion for video and yoga into my instagram account.

audience

My account offers inspiration & education for yoga practitioners and teachers. My instagram strategy is value-based, which has led to a high number of viral posts.

My audience is mainly female (87%), the majority is 25-40 years old.

Education & Trainings

Bachelor

Media & Communication

University of Vienna

Master

Screen Documentary

Goldsmiths University
London

Yoga

200 h Vinyasa Teacher Training
Cat Alip-Douglas (Sangy , London)

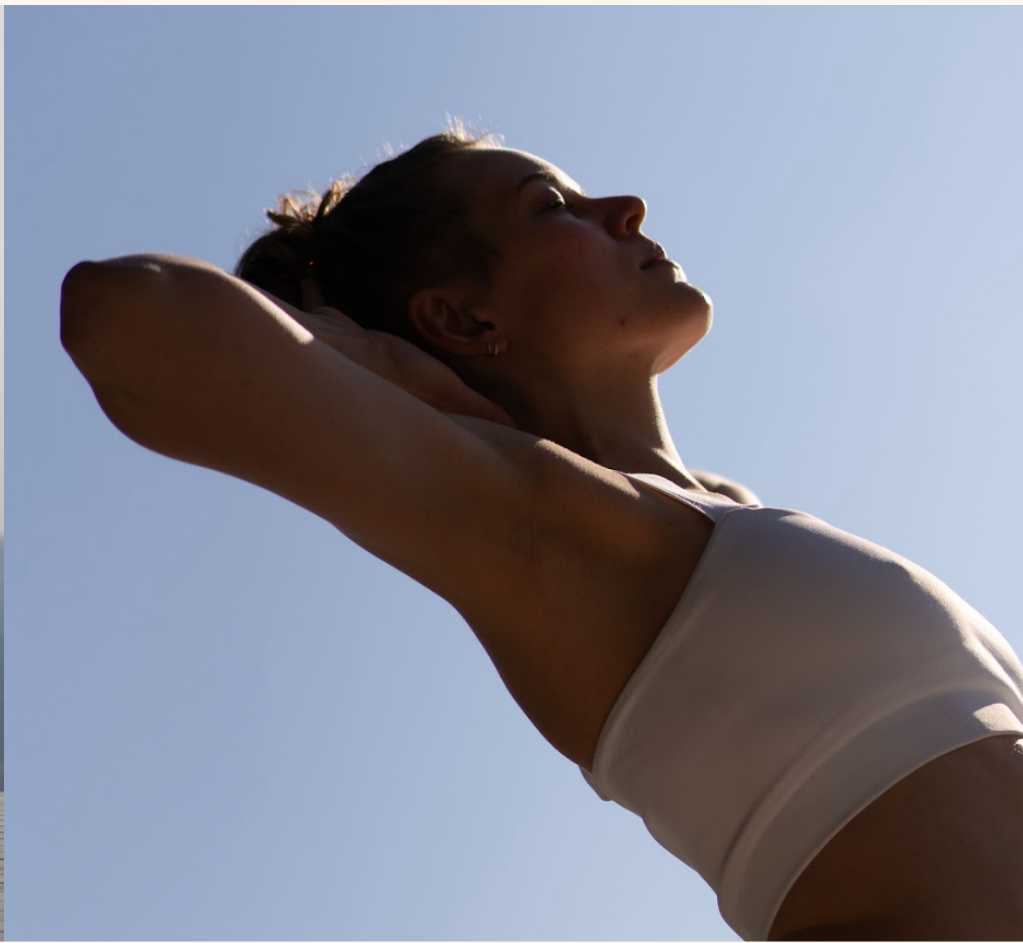
30 h Talia Sutra (LAAIC, online)

200 h Vinyasa Teacher Training
Talia Sutra (LAAIC, Puglia)

20 h Dr. Eric Cobb (Z Health, online)

[Website](#)

[Instagram](#)



[contact me](#)

Thank you!