ELEMENTS OF AYURVEDA PODCAST MEDIA KIT

THE VISION AND PURPOSE

Empowering the listener to take charge of their health and wellbeing!

Our world needs the ancient wisdom of Ayurveda now more than ever. This vast science gives us guidelines for every aspect of our life. It's the manual to life that most of us never received!

Colette, the host, uses her podcast platform to share the teachings of Ayurveda in an easy to digest format. Her humble wish is to help people connect to their true nature, to Mother Nature and to each other.

"Ayurveda is an ocean of knowledge! With each podcast episode, I hope to send a ripple effect out among the listeners worldwide" - Colette, Podcast Host

COLETTE KENT
PODCAST CREATOR & HOST

Colette Kent is a native of Ireland and has worked internationally in the health and fitness industry since the 1990's.

However, even as an athlete and health coach she didn't feel 'healthy' and was searching for a more holistic approach to health and wellbeing.

She found her answers while on a trip to an Ayurvedic clinic in Bali in 2014. This experience changed her life personally and professionally and she stayed in Bali, working in the Ayurvedic clinic and studying Ayurveda.

Passionate about spreading the wisdom of Ayurveda, she started her podcast called Elements of Ayurveda in 2017.

Take Care Of Your Body!

⭐⭐⭐⭐⭐

"This podcast is AWESOME. For those who want to improve their overall mental, physical & Spiritual self, you have to give this podcast a try!"

"The Best Ayurvedic Podcast!

⭐⭐⭐⭐⭐

« Stumbling upon Ayurveda & in turn, Colette is changing my life in the most positive ways. I love this podcast & find it so relaxing, enlightening & encouraging to live my best life. »- Jackie 🙏

SHOW STATISTICS*

Elements of Ayurveda is a weekly show with evergreen content and a loyal audience. (*as of October 31st, 2022)

1,025,214

DOWNLOADS TO DATE

29+K

DOWNLOADS PER MONTH

116

NUMBER OF COUNTRIES LISTENING

58%

OF LISTENERS IN THE U.S.

PODCAST RATINGS & REVIEWS

Inspiring!

⭐⭐⭐⭐⭐

« Thank you for sharing Ayurveda to the world in this format! The way you break down the terminology & practice into practical easy to understand way is amazing! Thank you so much! »

Excellent Ayurvedic Information!

⭐⭐⭐⭐⭐

"I've listened to every single one...it's great! She explains the complex world of Ayurveda from the basic foundation principals to peripheral influences. So happy to be learning here." -

Fresh & Informative

⭐⭐⭐⭐⭐

« As a Western medicine practitioner, it's great to learn about Eastern, natural alternative methods. Recommended to anyone struggling to find balance, give this a whirl. »

Delightfully Informative!

⭐⭐⭐⭐⭐

Apple Podcast Review 🙏

"Every episode has a wealth of information. Colette dives deep into each week's topic. I feel like the more I listen, the harder it is to go back to the way I used to do things, whether it's dealing with stress or even just eating breakfast!"

Empowering, Insightful & Actionable 🙏

⭐⭐⭐⭐⭐

« Whether you're already deep into your journey of authentic health & wellness, or just getting started organizing your lifestyle around the healing powers of Ayurveda - this is a must-listen podcast for you! »

SPONSORSHIP & ADVERTISING OPPORTUNITIES

Partnership Levels	Basic $50/ episode	Silver $100/ episode	Gold $200/ episode
1 post-roll 60 sec spot	X		
1 pre-roll 60 sec spot		X	
1 mid-roll 60 sec spot			X
Link in show notes	X	X	X

This a 3 month minimum required.
Further discounts available for 6 month commitments.