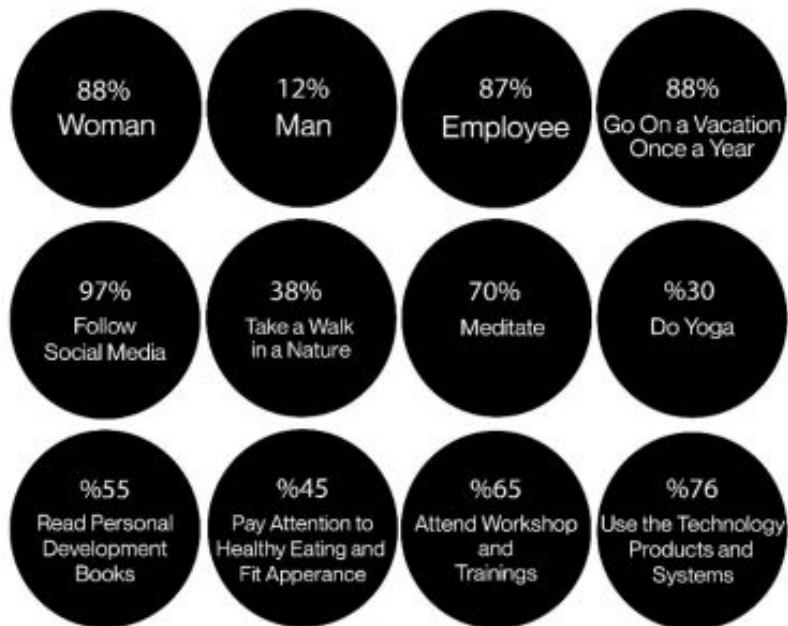


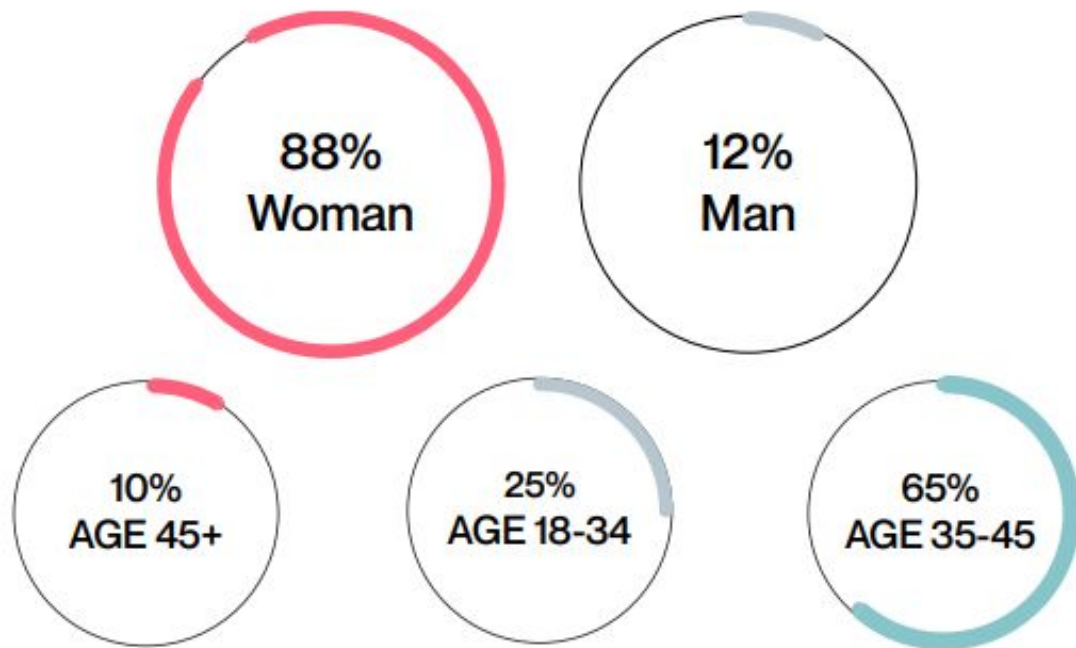
**2023 Media Kit**  
**Nevşah Fidan Karamehmet**



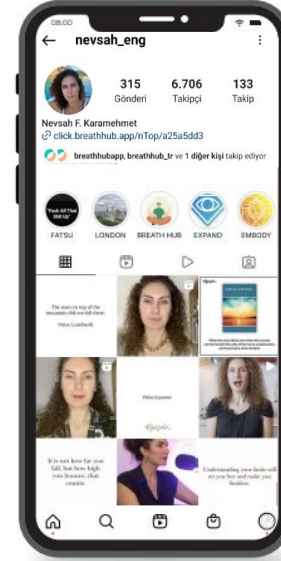
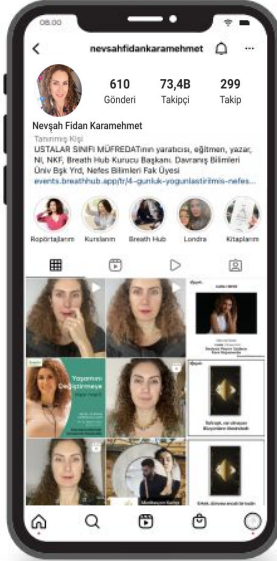
### Students and Follower Profile



## Gender and Age Ratios

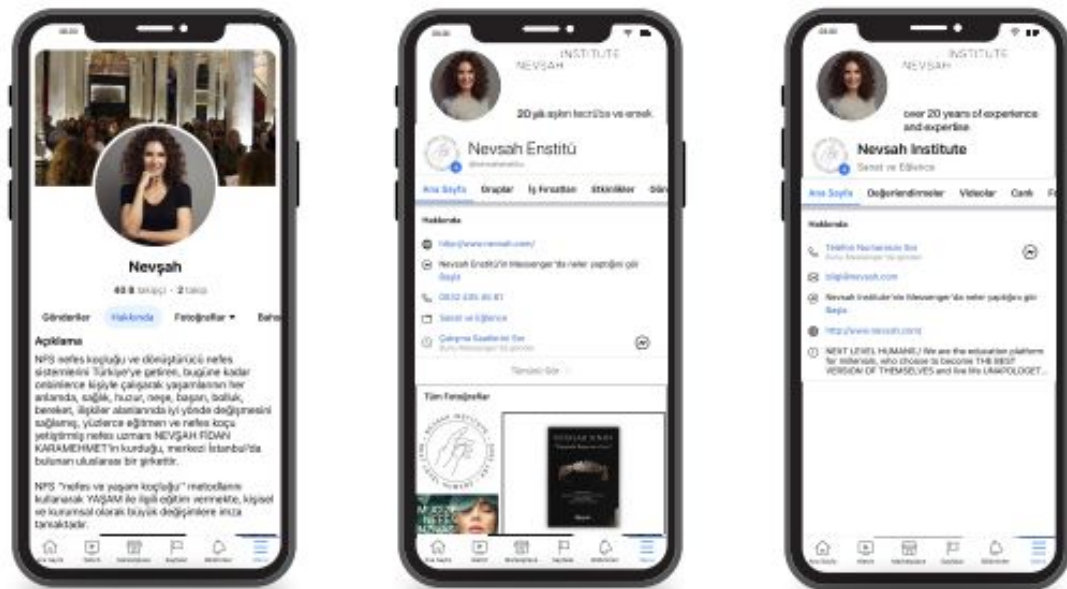


# Instagram Accounts



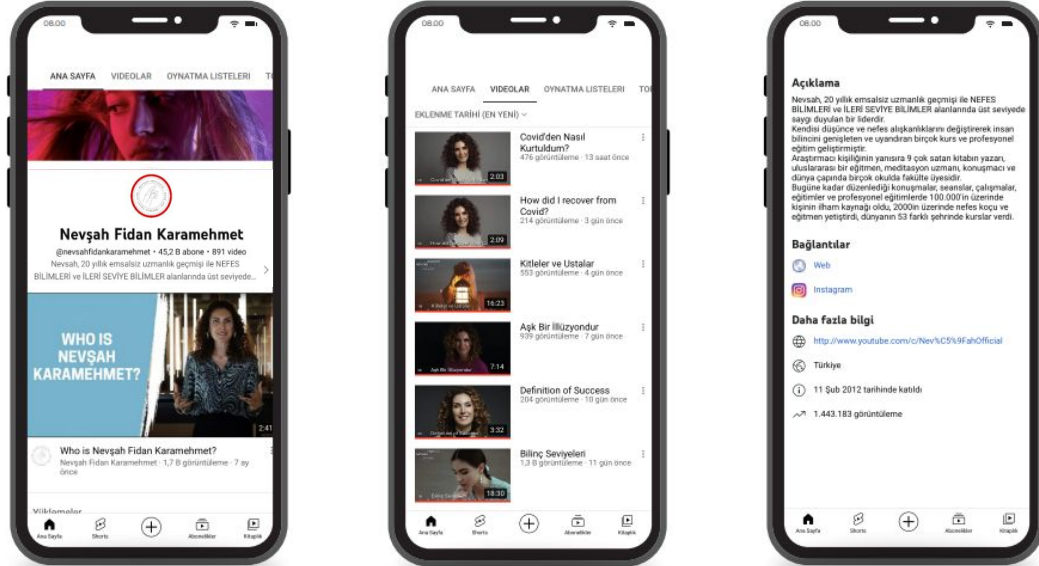
Our instagram accounts have a total of 121 thousand followers

## Facebook Accounts



Our Facebook accounts have a total of 41 thousand followers.

# Youtube Account



Our Youtube account has a total of 45.2 thousand followers

# Linkedin Accounts



Our LinkedIn accounts have a total of 6 thousand followers.

# Press and Media



THRIVE GLOBAL

COMMUNITY

## Joie De Vivre: "My biggest strategy is saying YES to life"

With Best Selling Author, *Nevsah*

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By Yitz Weiser, Editor in Chief of *Medium's Authority Magazine*

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## Nevsah Fidan Karamehmet of Breath Hub On How To Get Past Your Perfectionism And 'Just Do It'

An Interview With Tyler Gallagher



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## Joie De Vivre: "My biggest strategy is saying YES to life"

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THRIVE GLOBAL

Medium

Forbes



Our bank balances are taking a hit with every day that goes by post-lockdown.



## TurkishBritish

A magazine for Turkish and British Business People



TurkishBritish  
A magazine for Turkish and British Business People



#TurkishBritishMag

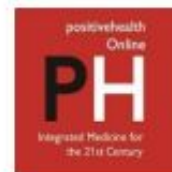


NEWLIFE EXPO  
LOOK GREAT, FEEL GREAT!

### Benefits of Breath Analysis and Breath Coaching

By Nevsah Karamehmeti (more info)  
listed in *breathing*, originally published in issue 250 - November 2018

Breath Coaching is a highly evolved and revolutionary approach to all breathwork. How? Because over the years, scientists who have invested a great deal of research into breath, have discovered that working solely on breath at the mechanical level, rather than the mechanical, physiological and psychological components, is extremely misleading and can, in fact, lead to enhanced health problems.



## Companies We Have Worked With So Far



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