

# Breathe In, Breathe Out

## MEDIA KIT

Breathe In, Breathe Out is a weekly mindfulness and meditation podcast hosted by Krystal Jakosky. Each week, we release a brand new lesson, meditation, or interview with an alternative healer or self-care expert focused on helping you navigate your life by giving YOU the tools to become your own healer.

Through the topics we cover and the meditations we experience, we'll journey towards self-acceptance and ownership. Our meditations will cover a range of topics - from building your self-esteem and owning who you are to uncovering some of those not-so-pretty parts within us that hold us back from being our truest selves.



## TOPICS WE COVER

- ✓ **Wellness and Self-Care**
- ✓ **Radical Self-Ownership**
- ✓ **Guided Meditation & Journaling**
- ✓ **Being Your Authentic Self**
- ✓ **Communication Tips**

**69+**

*number of episodes (so far!)*

**7,800+**

*downloads*

**12**

*countries our listeners  
are from*

HOSTED ON



AND  
MORE!

## MOST POPULAR EPISODES

- Episode 26: The Side of Self-Care That's Often Overlooked [\[Listen\]](#).
- Episode 39: New Year, Same You (and That's Okay) [\[Listen\]](#).
- Episode 46: A Simple Meditation to Just Breathe [\[Listen\]](#).
- Episode 47: 5 Things I Learned at TEDWomen 2021 [\[Listen\]](#).
- Episode 48: How to Move Forward in Grief with Erika M. Schreck [\[Listen\]](#).
- Episode 40: 3 Questions to Help You Shift Gears [\[Listen\]](#).

**To view all episodes of Breathe In, Breathe Out, [click here](#).**

## PODCAST FEEDBACK

"Y'all are organized, put together and I knew what to expect before we started and that's the most important thing!"

***Brigid Murphy, [Guest on Ep 47](#)***

"I love this podcast. The stories are very instructive and the messages are often just what I need to hear. Keep up the great work!"

***Zane C., Listener***

## CONTACT DETAILS

Think you might be a good fit? If you're an alternative healer, self-care expert, relationship coach, or someone with a story to share, please reach out at the info below!



[contact@krystaljakosky.com](mailto:contact@krystaljakosky.com)



[www.krystaljakosky.com/podcast](http://www.krystaljakosky.com/podcast)



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A WEEKLY MEDITATION + MINDFULNESS  
PODCAST FROM KRYSTAL JAKOSKY