

CURVY YOGA INSTRUCTOR | NOURISHMENT COACH |
SELF LOVE EXTRAORDINAIRE

NOURISHED NATASHA

WWW.NOURISHED-NATASHA.COM



ABOUT
NOURISHED
NATASHA

Natasha Rusilko started Nourished Natasha in 2018, after having been in the social media space already on Tumblr + Instagram since 2011. After quitting her full time job as a corporate social media manager, she pursued her own business in yoga, wellness, health, and self love. She quickly grew her following from 30k to 95k, and it has become her full time business.

Natasha is a 500HR RYT, Elite Trainer, Group Fitness Specialist and Fitness Nutrition Specialist. She is also certified in trauma yoga, yoga + meditation for eating disorder treatment, accessible and adaptive yoga, and more. She helps her clients and her audience work through their self worth + confidence issues through yoga and health - mentally, physically, and emotionally.

150k

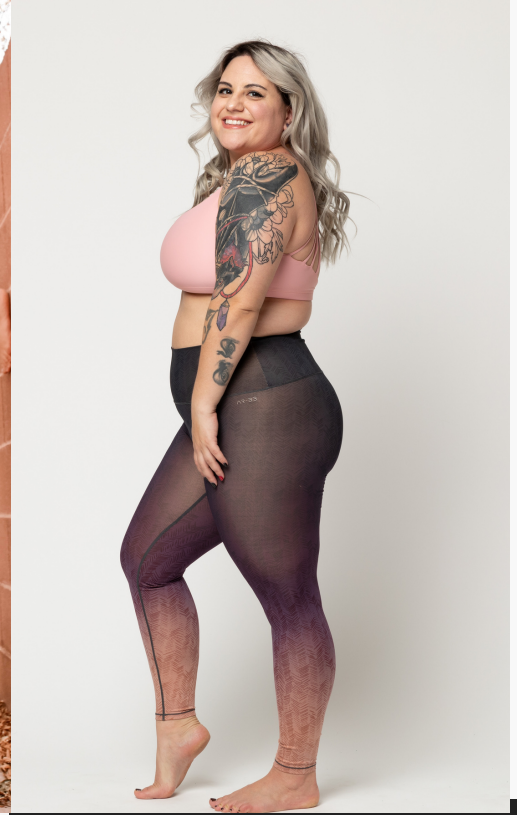
DAILY REACH

95.4k

INSTAGRAM
FOLLOWERS

3.3k

YOUTUBE
SUBSCRIBERS



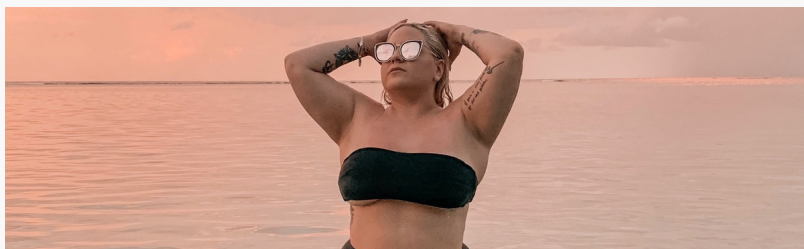
WORK WITH NATASHA

SPONSORSHIPS



PAID SPONSORSHIPS

Natasha's current rates are \$800-\$1200 per in feed post and \$300-\$500 for story sequences, depending on how many photos, videos, etc. are needed.



UNPAID SPONSORSHIPS

Natasha is open to partner with companies in exchange for product + features, but this is on a case by case basis.

Natasha has worked consistently with large brands such as Athleta, Underarmour, Aerie, Premier Protein, Pop Flex Active, Hello Fresh, Yoga Club Box, Chic Soul and more.



CONNECT

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