



# MEET **RHYANNA**

[WWW.RHYANNAWATSON.COM](http://WWW.RHYANNAWATSON.COM)

## ABOUT



Rhyanna Watson.

She is a bold, compassionate writer, yoga teacher, wellness trainer and social media sensation who has come out the other side of a lot of personal trauma both stronger and happier – explores how to strip back your protective layers back.

Rhyanna has come out the other side of personal traumas including sexual assault, post-natal depression and a suicide attempt both stronger and happier. She loves engaging with her extensive online community, helping them be brave enough to live in ways that they previously only dreamt of - fit, open, vibrant, contented, true to themselves and free. She is now keen to share her messages of love and empowerment through her book and work.

FOLLOWERS

**154,000**

on our Instagram account

SUBSCRIBERS

**430,700**

on our YouTube channel

## AUDIENCE DEMOGRAPHICS

90% men and 10% women who are between the ages of 25 to 44. They're also interested in yoga, fitness, art and healing

## CONTACT ME

[www.rhyannawatson.com](http://www.rhyannawatson.com)

Instagram:

<https://www.instagram.com/openheartscanunite/>

YouTube: Open Hearts Can Unite



"STEP THROUGH  
FEAR INTO FREEDOM"

BRAVE, BEAUTIFUL  
AND BARING IT ALL

Opening Our Hearts to Happiness  
No Matter What Life Throws At Us



# THE BOOK

In this bold, compassionate title, yoga teacher, wellness trainer and social media sensation Rhyanna Watson - who has come out the other side of a lot of personal trauma both stronger and happier - explores how to strip back your protective layers, feel brave and beautiful again, and make the rest of your life the best of your life. As the title suggests, the key message is that it's only when we're willing to be brave, open our minds and hearts, get fit from the inside out, and both 'bare' it all (allowing ourselves to be vulnerable when appropriate) and 'bear' it all (accepting both the good and the bad with patience and grace) that we will be able to feel our most beautiful and live our best lives.

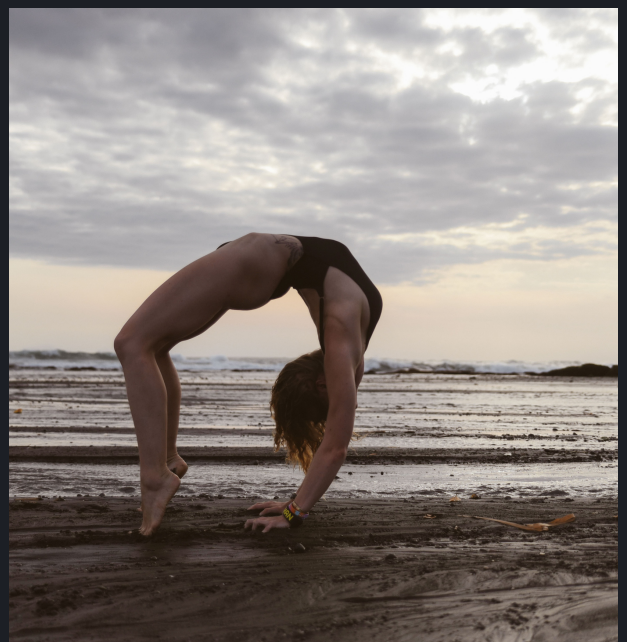
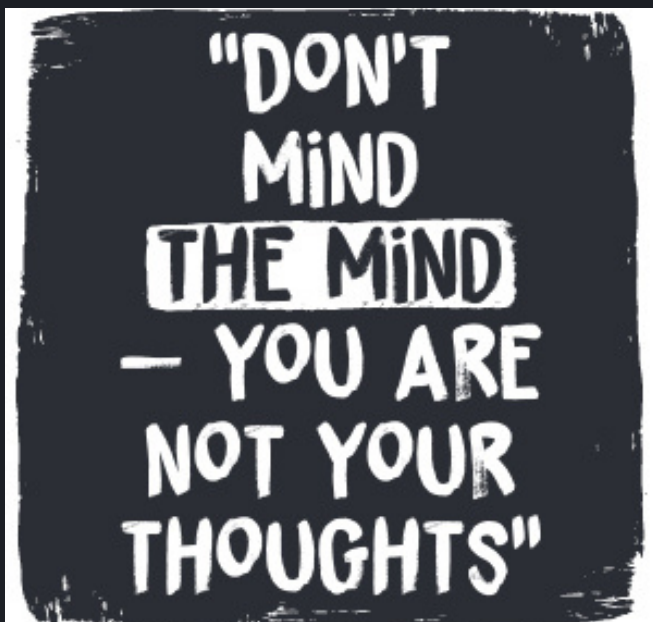
Being brave doesn't mean we have to jump out of planes or fight lions of course! It simply means being open enough to really get to know and love ourselves, stripped of all societal pressures and expectations. And when it comes to being beautiful, well, we're all beautiful in our own ways, so it's just about accepting our own truth and embracing and believing in ourselves!

## REVIEWS

5.0 out of 5 stars Just what I needed at this time in my life.... a Real SOUL SAVER !Reviewed in the United States on March 31, 2020Verified PurchaseI love the way the Author bares herself, helping me to understand I am not alone in this struggle of life, which she points out to me is not a struggle at all, but my own misconceptions. So Motivational, Inspiring and Stimulating I am finally taking those first steps of being My-Self, Loving myself, putting the False Fears behind and changing into the person I always wanted to be... Beyond my Intensive Dreams.

My Mind and Body have Developed in Strength and Beauty due to the shear Energy that Rhyanna infused into my Life and Soul thru . Thank You Universe for putting beautiful Rhyanna Watson into my now Fulling Life!

5.0 out of 5 stars Inspiring, challenging, and braveReviewed in the United States on January 27, 2020Verified PurchaseBeautiful book which challenges you to strip the layers off the costumes we have all learned to wear. True guide to living an intentional life. Recommend it to all.





# ***CONTACT FOR BOOKING***

***SERVICES***

***RETREATS***

***WORKSHOPS***

***SPEAKING ENGAGEMENTS (PANELIST, PUBLIC  
SPEAKING & PRESENTATIONS)***

***DIRECTOR***

***YOGA AND FITNESS***

***BUSINESS CONSULTING***

***1 ON 1 COACHING***

***SOCIAL MEDIA STORIES SOCIAL MEDIA STATIC  
POSTS SOCIAL TAKEOVER***

***BRAND APPEARANCES***

***CONTACT***

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