

MEDIA KIT 2024

UNBOUND & UNCONVENTIONAL

Sonia Azad

About Sonia

Wellness Journalist • Yoga & Meditation Teacher • Travel Storyteller



Sonia is a two-time Emmy award-winning journalist, Health & Wellness reporter, globetrotter, and micro-influencer based in Dallas, TX. She has 20 years of extensive work experience in media (TV, print, and radio), but has managed to create a unique personal brand on the side.

Her brand combines Sonia's greatest passions - fitness, nutrition, mindfulness, yoga, and travel with her professional career as a journalist. Sonia's mission is to inspire and empower others to embrace a healthier, more dynamic lifestyle. Nurturing authentic human connection is her core value.



MAY ALL BEINGS EVERYWHERE
BE HAPPY AND FREE

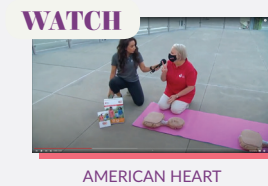
About Sonia

After obtaining degrees at The University of Texas and Northwestern University (Bachelor of Journalism, MS in Journalism, and MS in Law), Sonia's journalism career took off. In 2012 she was recognized as one of the top reporters in the state by the Texas Associated Press Broadcasters.

Prior to health reporting, Sonia's scope of work included covering everything from breaking news to global affairs. Her wandering nature led to her working with TV stations in Dallas (WFAA), Houston (KTRK-TV), San Diego, Chicago, and Washington DC.



Sonia's TV Collaborations



About Sonia

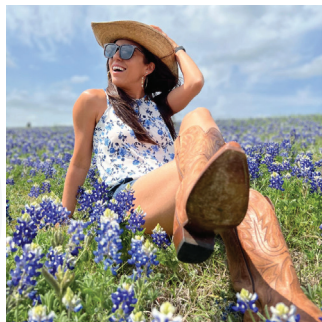


MAY YOU
FIND A
PLACE IN
THIS WORLD
WHERE
YOU FEEL
WILDLY
ALIVE,
LOVED, AND
SUPPORTED



Sonia describes herself as half hippie, half yuppie. She shares Travel and Wellness stories on her Instagram page and YouTube channel with her digital audiences. Her formal education, innate curiosity, and love of learning serve as the solid foundation for her vast knowledge and expertise. Sonia adores studying languages (she is fluent in Farsi and French) and learning about different cultures. She has traveled to almost every continent.

Nowadays, Sonia's primary focus places emphasis on improving everyone's quality of life. She does that by covering stories about fitness, nutrition, medical research, and overall healthy living. Sonia enjoys exploring nature, discovering hidden gems, and practicing yoga, meditation, and other forms of exercise when she isn't reporting. You can often find her outdoors, teaching yoga and meditation in studios or online, or leading groups on international yoga retreats.



Social Media Stats

Instagram @SoniaAzadTV

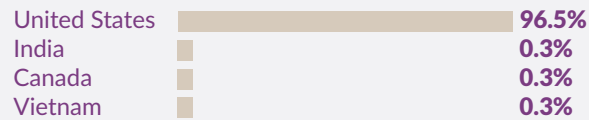
Account Reached

53K

Followers

16.1K

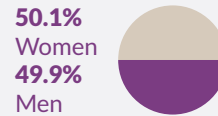
Reached Audience



Top Age ranges



Gender



Facebook

Followers

28,8k

@SoniaAzad -
Health & Wellness

Facebook group

Members

9.2k

@FitterTogether

Twitter

Followers

15.7k

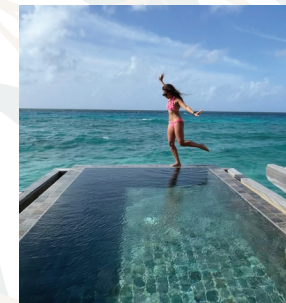
@SoniaAzadTV

YouTube

Views

130k

@SoniaInnerCircle





Let's work together!

Contact Sonia for
collaboration options

sonia.m.azad@gmail.com

Let's Connect



[@SoniaAzadTV](#)

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[@Sonia Azad-Health & Wellness](#)

[@FitterTogether](#)

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