

# Returning to the Body Mind

with Dr. Melissa West



**2009 Sponsor Kit**  
**Returning to the Body Mind**  
**With your host Dr. Melissa West**  
**International Radio Show**



### **Why sponsor Dr. Melissa West's Returning to the Body Mind?**

- over 16, 000 listeners
- Affluent audience: 72.5 % white collar, 57% make over 75 K/year
- 60% percent listeners are female, 40% male
- For less than \$120 you receive one professionally produced 30-second spot to be aired twice during Melissa's show.\*
- Advertisements get continual repeats through program podcasts on i-tunes and the archives on [contacttalkradio.com](http://contacttalkradio.com) and [melissawest.com](http://melissawest.com)
- Weekly live-radio show broadcast locally in Seattle Washington
- Also available on the web

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\* based on 13-week commitment

Tel: 905-686-0539  
[www.melissawest.com](http://www.melissawest.com)  
[info@melissawest.com](mailto:info@melissawest.com)

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## **Who is Dr. Melissa West?**

Dr. Melissa West is an international radio host who brings her everyday lived experience as yoga teacher and lifestyle coach to her audience each week. Not content to stay in the ivory tower Melissa chose to expand her classroom to a larger, audience and with her contemporary accessible approach through her live radio show and weekly podcasts. Melissa's engaging weekly radio show is enjoyed by thousands of devoted fans who appreciate her expertise and genuineness in promoting health and wellness of body, mind, and spirit. In her spare time, Melissa loves baking cupcakes with her seven year old daughter Trinity (who hides them from her Dad so she has a few for those school lunches!).

## **What is Returning to the Body Mind?**

Every Wednesday at 8 AM PST, Returning to the Body Mind airs live with holistic lifestyle coach and yoga teacher, Dr. Melissa West and her impressive guest line-up. Each hour focuses on the importance of the health of our bodies as the foundation for spiritual and personal growth. She engages authors, experts, and listeners in topics ranging from nutritious vegetarian cooking and alternative healing practices to sexual health, holistic living, and yoga, personal and spiritual growth, Melissa's authentic and compassionate insight helps people move forward in a positive way. These shows remain accessible indefinitely in web archives and i-tunes.

## **How do people listen to Returning to the Body Mind?**

Returning to the Body Mind with Dr. Melissa West is a live internationally broadcast radio show. The show is broadcast online through Contact Talk Radio International ([www.contacttalkradio.com](http://www.contacttalkradio.com)), a global community dedicated to growing and inspiring new possibilities for a conscious and aware society, as well as locally through Seattle's KRWM 106.9 FM HD3 and through satellite. The Returning to the Body Mind podcast is available each week through i-tunes.

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### Radio Program Sponsorship Packages

Returning to the Body Mind with Dr. Melissa West airs live on Contact Talk Radio's web broadcast and local Seattle radio. Podcast is available through iTunes. To allow our community members to benefit from your advertising message we have created the following 13-week sponsorship packages, which are designed to promote our sponsors on and off the air.

Gold Sponsor	Silver Sponsor	Bronze Sponsor
One professionally produced 30-second spot to be aired twice during Melissa's show.	One professionally produced 30-second spot to be aired once during Melissa's show.	One professionally produced 15-second spot to be aired once during Melissa's show.
Commercial will be archived on contacttalkradio.com and melissawest.com	Commercial will be archived on contacttalkradio.com and the melissawest.com	Commercial will be archived on contacttalkradio.com and the melissawest.com
Your logo on the show's website on the contacttalkradio.com site	Your logo on the show's website on the contacttalkradio.com site	N/A
Your logo on the contacttalkradio.com sponsor page	N/A	N/A
Your logo on www.melissawest.com	Your logo on www.melissawest.com	Your logo on www.melissawest.com
Your logo on contacttalkradio.com	N/A	N/A
Listing on contacttalkradio.com Business Directory Page	Listing on contacttalkradio.com Business Directory Page	Listing on contacttalkradio.com Business Directory Page
15-minute profile interview with Dr. Melissa West on Returning to the Body Mind.	10-minute profile interview with Dr. Melissa West on Returning to the Body Mind.	N/A
<b>\$1500</b>	<b>\$950</b>	<b>\$500</b>

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