

# MEDIA KIT

👤 @MILAVICTORIAAYOGA

THE *Creators*  
AVENUE

@THE\_CREATORS\_AVENUE

+32 495 99 54 55

DELPHINE@THECREATORSAVENUE.COM



2026



# ABOUT ME

Victoria is a vibrant **lifestyle** content creator based in **Brussels**, known for her authentic energy, **creative spirit**, and **ever-moving rhythm**.

This year, Victoria is channelling her energy **inward** as much as **outward**. Pilates and yoga have become the foundation of her daily life, helping her build the **inner strength** to keep up with everything she takes on including training for triathlon. It's that same balance of discipline and joy that defines everything she does.

And she's always building something new. Most recently, Victoria opened the doors to **Soon**, her very own **coffee shop** in Brussels, a space that feels just like her: warm, vibrant, and full of life.

Across **Instagram** and **TikTok**, she shares it all: wellness rituals, city runs, outfit inspiration, behind-the-scenes of her projects, and the honest reality of living fully and intentionally. Her content is **raw**, **real**, and **infused** with a **contagious confidence** that encourages her community to **embrace their own pace and journey**.

At the heart of it all, Victoria is someone who moves through life with **purpose**, **spontaneous**, **soulful**, and **unapologetically herself**.

## HELLO, @MILAVICTORIAAYOGA

#RUNNING

#YOGA

#LIFESTYLE

#STORYTELLING

# INSTAGRAM

Victoria's Instagram is a bold mix of movement, style, and everyday Brussels life where yoga meets running, creative projects, and spontaneous city moments. Her feed is vibrant, real, and full of energy, capturing the rhythm of a life always in motion.

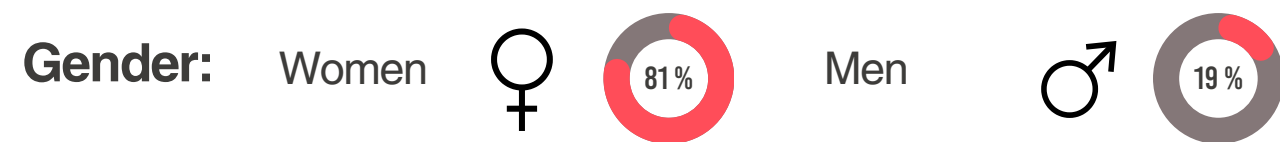
**Followers:** 16.9k followers

**Engagement Rate:** 3,9%

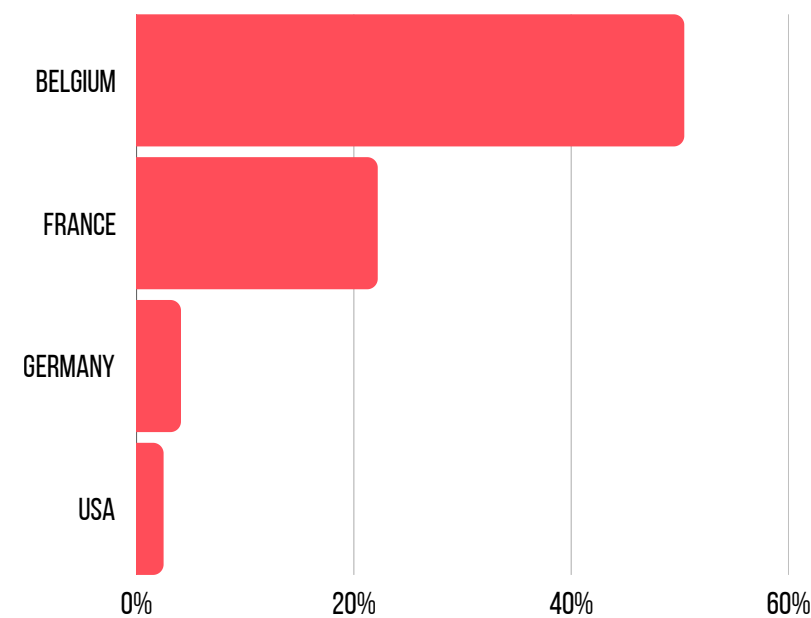
**Stories views:** 2.8k impressions

**Reel views:** 17.5k impressions

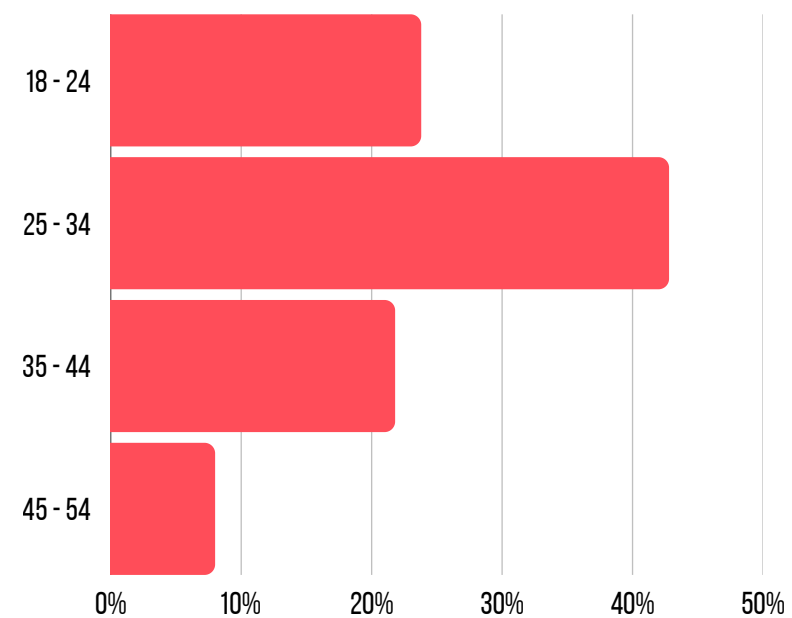
**Post views:** 10.2k impressions



## Countries:



## Age group:



# EXTRA SERVICES



## Sport Events with Victoria

Looking to bring movement, energy, and authenticity to your next event?

Victoria offers **dynamic wellness experiences** that combine sport, mindfulness, and community; always with a fresh and vibrant twist.

Whether it's an energising yoga flow, a group workout, or a run through the city, her sessions are designed to spark connection, boost morale, and leave everyone feeling stronger inside and out.

Perfect for:

- **Influencer & PR events**
- **Brand activations**
- **Team-building & corporate wellness**
- **Community gatherings**
- **Retreats & pop-ups**

# PORTFOLIO

A selection of Victoria's collaborations, highlighting her ability to create vibrant, authentic content that blends wellness, style, and the dynamic energy of her everyday life.

Brands we have collaborated with



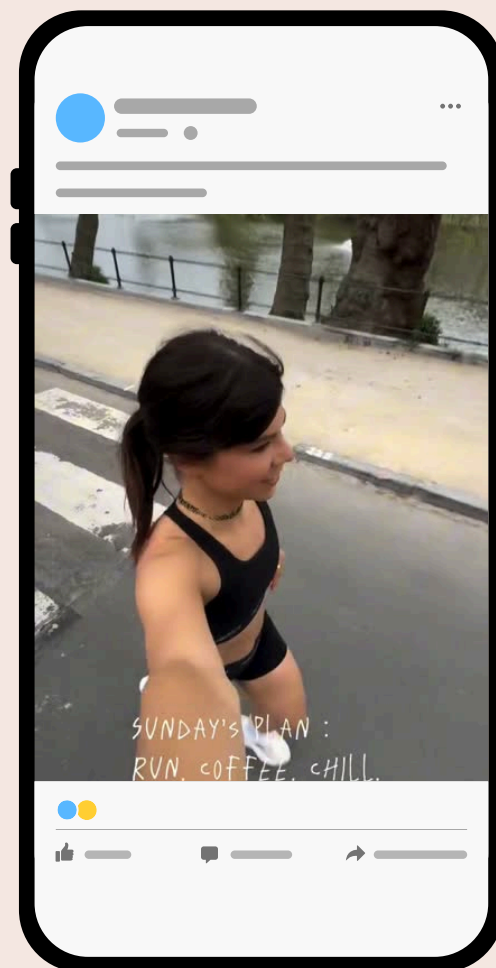
## ISDIN

Victoria showcased the essential role of suncream in her active lifestyle, combining sporty moments with smart, authentic sun protection.

89 Likes 5 Comments

7.5K Views

[Link](#)



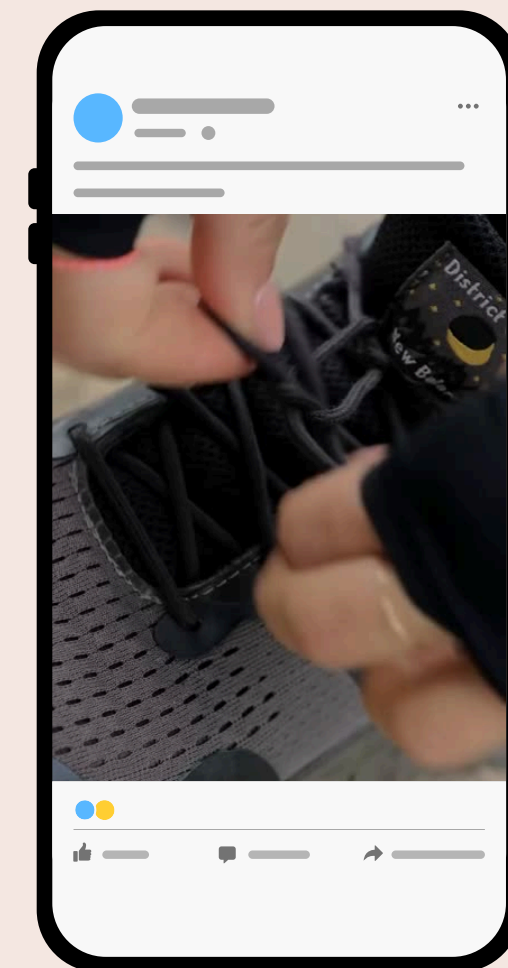
## IKEA

Victoria partnered with IKEA to organize a vibrant event with her running club, highlighting the cozy and refreshing experience of the IKEA café.

104 Likes 3 Comments

9.6K Views

[Link](#)



## Cecemel

Cecemel teamed up with Victoria to showcase the delicious and energizing Cecemel Protein, perfectly fueling her active lifestyle.

124 Likes 12 Comments

7.3K Views

[Link](#)



## GET IN TOUCH



RUE DE LA MARJOLAINE, 4  
5100, JAMBES

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+32 495 99 54 55

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@THE\_CREATORS\_AVENUE

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