

PUBLIC REPORT BY PROMTPRESS

Channel audit

Light Yoga



@anyclass_bodymind

Sign up for the Easy Yoga online course at anyclass.com/yg_tgb ♥
 Healthy & beautiful body in 30 min/day ■ Over 80,000 happy students Contact support...

SUBSCRIBERS

167 992

-939 per month

ERR (% SEE POSTS)

2.0%

daily 0.9%

REACH/POST

2.8K

ad reach 1.6K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

 SUBSCRIBERS 167 992 —	 SUBSCRIBER REACH 1.67% avg % subs see post	 VIEWS/POST 2.8K median 2.8K · 29 days	 POSTS/WEEK 37.4 over period
 7D TREND -2.0% vs previous week	 REACTIONS/POST 12.2 only 1,940 reactions, 2,713 reposts, 2 comments	 POST LENGTH 777 chars median 932 · 29 days	 POSTS ANALYZED 159 29 days
 AD REACH 1.6K 24h avg	 CHURN / MONTH -939 last month	 CITATION RATE 14 citation index · 35 channels mentioned ever	 CHANNEL AGE 4 years 3 months created 25.02.2022

AI EDITOR SUMMARY

Channel «Easy Yoga» — 167 992 subs. Each post averages 2.8K people (2% from subs), reach is low — consider growing audience. Publishes 37 posts/week (~5/day) — active posting. Week of Jun 8–14 reach stable (-2.0% vs week Jun 1–7).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **159** posts in 29 days.
- 02 Dominant format — **Video** (89/159 posts).
- 03 Avg post length — **777** chars (median 932).
- 04 Peak audience activity — **Tue, 07:00 MSK**.
- 05 Top posts get **2×** more views than the weakest (3.8K avg top vs 2K bottom) — among 159 posts in 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 08.06 · 12:04 TEXT ☒ You take 5,000 to 10,000 steps every day. But have you ever wondered what exactly you're training? The thing is, each of your...	VIEWS 3 948 REPOSTS 11	REACTIONS 18 ER 2.4%
Nº2 27.05 · 12:03 TEXT ☒♀ Stop SUFFERING: yoga as a way to regain SUPPORT You're used to sport being a chore. It's about «must», about schedule, about...	VIEWS 3 719 REPOSTS 3	REACTIONS 22 ER 2.2%
Nº3 08.06 · 05:00 PHOTO ⚠ Beauty injections: what cosmetologists keep quiet. At first everything looks perfect, but over time the "trap" catches up: ☒ Fillers migrate, face...	VIEWS 3 696 REPOSTS 9	REACTIONS 6 ER 2.2%

Nº4 25.05 · 05:04 **VIDEO**

🧘 Sometimes the body feels «wooden» not because you're aging. But because muscles literally stop sliding normally...

VIEWS

3 583

REPOSTS

33

REACTIONS

29

ER

2.1%**Nº5** 06.06 · 12:04 **PHOTO**

🧘 Why your belly WON'T go away: the real cause of pain You think lower back pain and leaking when laughing are normal after 40?...

VIEWS

3 528

REPOSTS

11

REACTIONS

6

ER

2.1%**WORST 3**

12.06 · 19:24

TEXT

🧘 ONLY FOR THE HOLIDAY I brought back the best terms for «Easy Yoga» ♥ 🧘 Lifetime access — 6150 ₺ instead of 33,500 ₺ 🧘 + 3 courses...

VIEWS

2 153

REPOSTS

—

REACTIONS

5

ER

1.3%

16.06 · 15:30

TEXT

🧘 Why YOUR heels steal youth from your face — proven You apply expensive cream to your face, but the problem is in your heels. Sounds crazy?...

VIEWS

2 021

REPOSTS

3

REACTIONS

8

ER

1.2%

16.06 · 15:01

TEXT

5 exercises to shed old age — save and share with loved ones ↗
Women are used to removing age-related changes externally...

VIEWS

1 865

REPOSTS

4

REACTIONS

2

ER

1.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

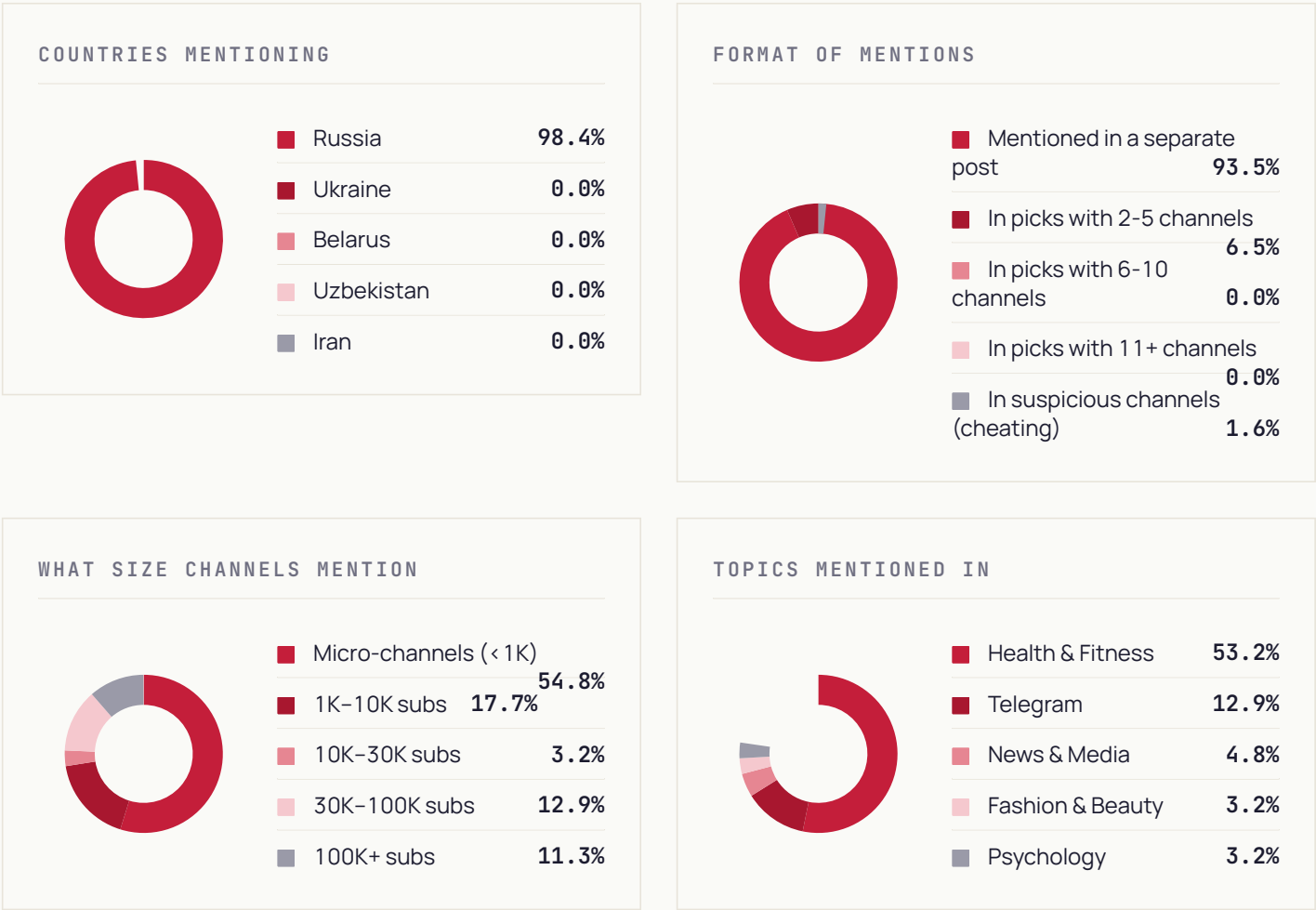
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel & how

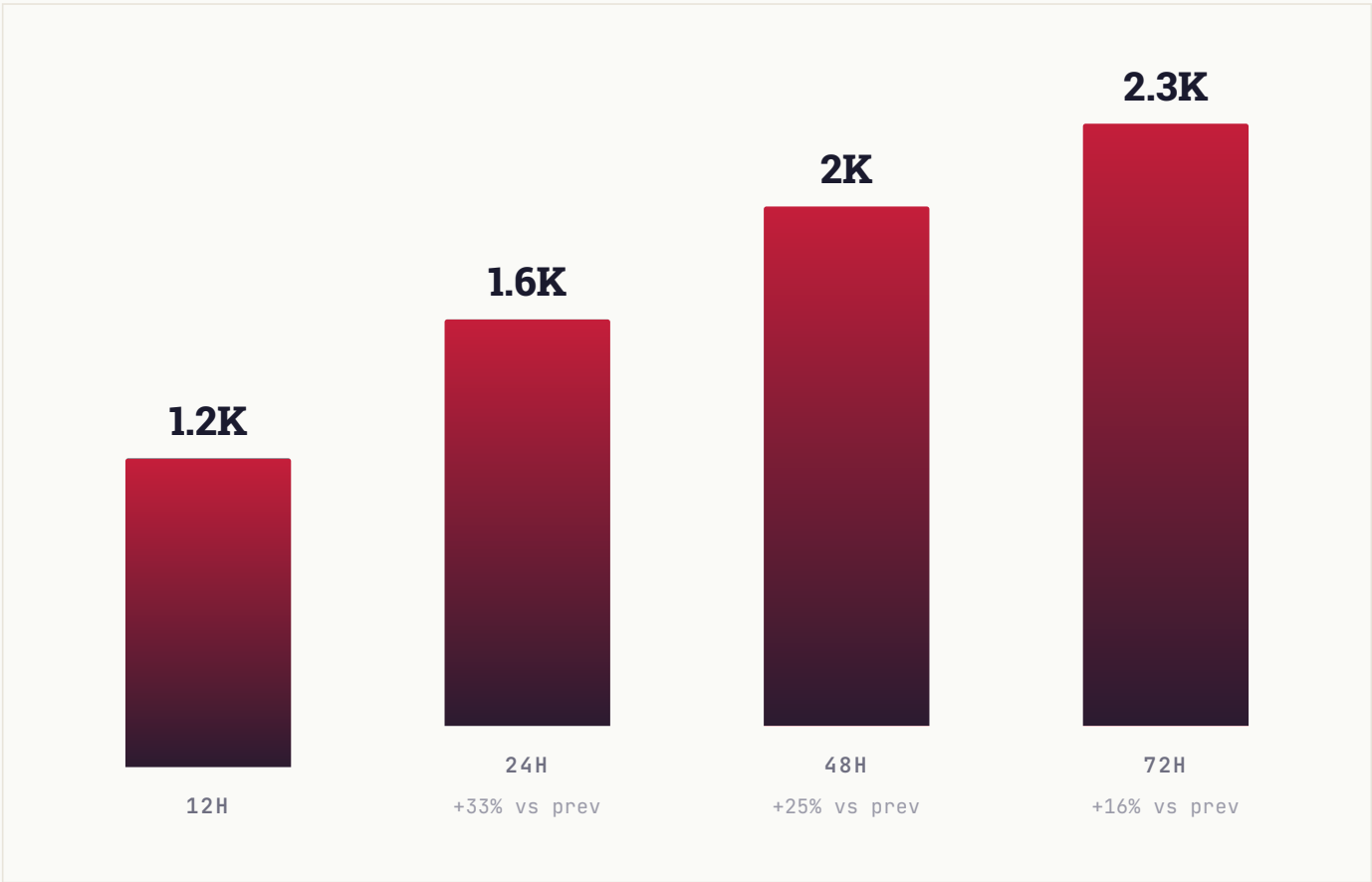
Citation index **14** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions **35** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg ad post reach over time since publication. Helps estimate how long placement should «live».



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel highlighted — see its place among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test Purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our Body	482.9K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	479.3K
BZ Stay Healthy	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
LY Light Yoga YOU	168K

COMPARATIVE INSIGHT

Channel in top half of niche (#43 of 96). Niche leader — Test Purchase (772.4K), median subs 153.3K. Aim for top quartile — realistic 6-12 month horizon.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Each month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **0**, they brought **29 514** new subs.

PERIOD	MENTIONS	CHANNELS	SUBS ACQUIRED
December 2025	0	0	357
Nov 2025	0	0	4 083
Oct 2025	0	0	2 649
September 2025	0	0	4 177
August 2025	0	0	9 244
July 2025	0	0	9 004

TOTAL MENTIONS	MONTHS OF DATA	SUBS ACQUIRED
0	6	29 514

— SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and compared your channel. Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.

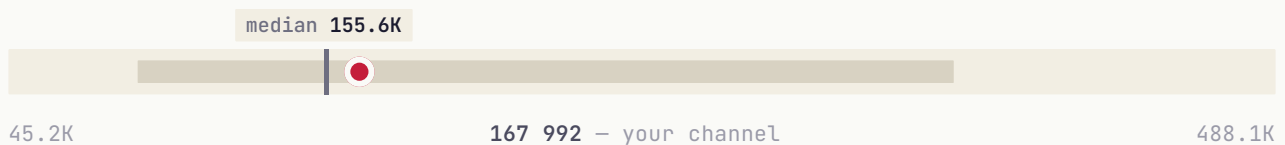
#43 /100

NICHE RANK

Channel in the top half of the ranking

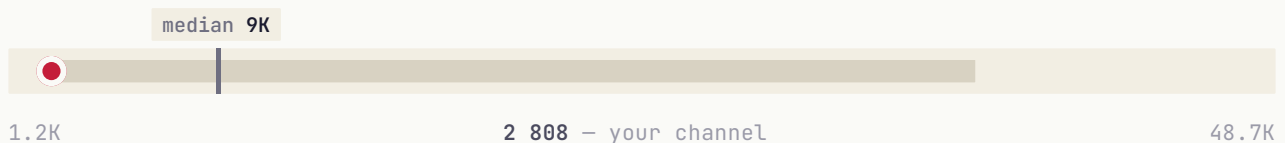
SUBSCRIBERS

better than 52% of niche



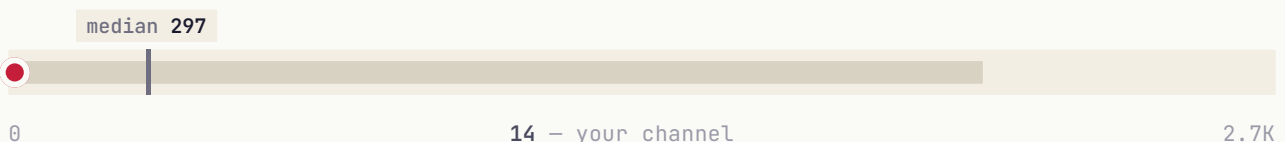
AVG REACH / POST

69% below median



CITATION INDEX

95% below median



— SECTION 09 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off and revisit in a month.

- 01

Top post of the week — Tuesday

Audience most active on this day at 07:00 MSK.

EFFECT

Best time for important post
- 02

ER below niche benchmark — rethink formats

Current ER 1.67% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+5.3pp ER
- 03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds sources for your niche.

EFFECT

+1000-3000 subs
- 04

Test polls and interactive formats

Posts with polls/reactions typically boost ER by +5-15%. One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER
- 05

Cross-promo with similar channels

Swap posts quarterly with same-segment channels. 2-3 collabs give relevant growth — no need to do it daily.

EFFECT

Growth from relevant audience

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes from public data. Want to go further — run ads through us and hit your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
