

PROMTPRESS PUBLIC REPORT

Channel audit

Master - Yoga



@master_joga

Price (ads): https://t.me/yoga_cards Author: @xe_yoga (book)
Contact: @ultorium (ads) Manager: @fenux25 ✓ RKN: <https://vk.cc/cExt00> Buy ads:...

SUBSCRIBERS

57 259

-553 per month

ERR (% WHO SEE
POSTS)

5.0%

daily 2.7%

REACH/POST

2.6K

ad reach 1.6K/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content Analysis

Top 5 posts · worst 3 · insights

03 Subscriber dynamics

Yearly chart · growth

04 Quote rate

Who mentions the channel & how

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your place

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Health & Fitness» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

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

 SUBSCRIBERS 57 259 —	 SUBSCRIBER REACH 4.48% avg % subs see post	 VIEWS/POST 2.6K median 2.7K · 29 days	 POSTS/WEEK 26.2 over period
 7D TREND -1.8% vs previous week	 REACTIONS/POST 60.8 total 6,688 reactions, 2,669 reposts, 0 comments	 POST LENGTH 512 chars median 485 · 29 days	 POSTS ANALYZED 110 29 days
 AD REACH 1.6K 24h avg	 CHURN / MONTH -553 last month	 QUOTE RATE 868 citation index · 1,004 channels mentioned ever	 CHANNEL AGE 6 years 26 days created 17.06.2020

AI EDITOR SUMMARY

Channel "Master - Yoga" — 57 259 subs. Each post avg views 2.6K people (4% from subs), reach low — should grow audience. Publishes 26 posts/week (~4/day) — active publishing. Week Jun 29 – Jul 5 reach stable (-1.8% vs week 22–28 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers – to see what to repeat & what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 110 posts over 29 days.
- 02 Dominant format – Photo (105/110 posts).
- 03 Avg post length – 512 chars (median 485).
- 04 Audience peak activity – Saturday, 20:00 MSK.
- 05 Top posts get 1x more views than weakest (top avg 3K vs worst 2K) – among 110 posts in 29 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

№102.07 · 11:00PHOTO	VIEWS		REACTIONS	
	3 085		27	
Oat kvass – an ancient drink for weight loss and body cleanse The course lasts 2 weeks. After 2 weeks, noticeable...	REP.		ER	
	98		5.4%	
№213.06 · 17:35VIDEO	VIEWS		REACTIONS	
	3 049		74	
Try this relaxing bedtime ritual. It helps you wind down after a hectic day. One of the best ways to calm...	REP.		ER	
	87		5.3%	
№302.07 · 05:01PHOTO	VIEWS		REACTIONS	
	2 996		73	
Tibetan morning ritual Tibetan monks never jump out of bed right after waking up. They lie still for about five minutes with eyes closed...	REP.		ER	
	79		5.2%	

Nº4

02.07 · 15:01

PHOTO

Eastern parable "Phoenix" Flying high over the vast desert, the phoenix spotted a distant campfire. He knew that the hour...

VIEWS

2 996

REACTIONS

62

REP.

13

ER

5.2%

Nº5

17.06 · 18:00

PHOTO

Breathe like monks to fall asleep fast The "4-7-8" technique arrived recently but blew up the internet. Inhale through your nose for four...

VIEWS

2 979

REACTIONS

83

REP.

92

ER

5.2%

WORST 3

↓ 09.07 · 11:00 PHOTO Asana of the day: Bhujangasana Extend legs, arms along body palms down. Elbows close to body. Inhale slowly lift...	VIEWS 2 046 REACTIONS 37 REP. 11 ER 3.6%
↓ 09.07 · 15:01 PHOTO Indian parable "The Old Garden" Once there was an old gardener who loved his garden. But the garden aged with him. Many plants...	VIEWS 2 038 REACTIONS 67 REP. 24 ER 3.6%
↓ 08.07 · 10:01 PHOTO Asana of the day: Tadasana Basic standing pose that helps feel body center, teaches standing with awareness and strength. Stand...	VIEWS 2 031 REACTIONS 36 REP. 20 ER 3.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

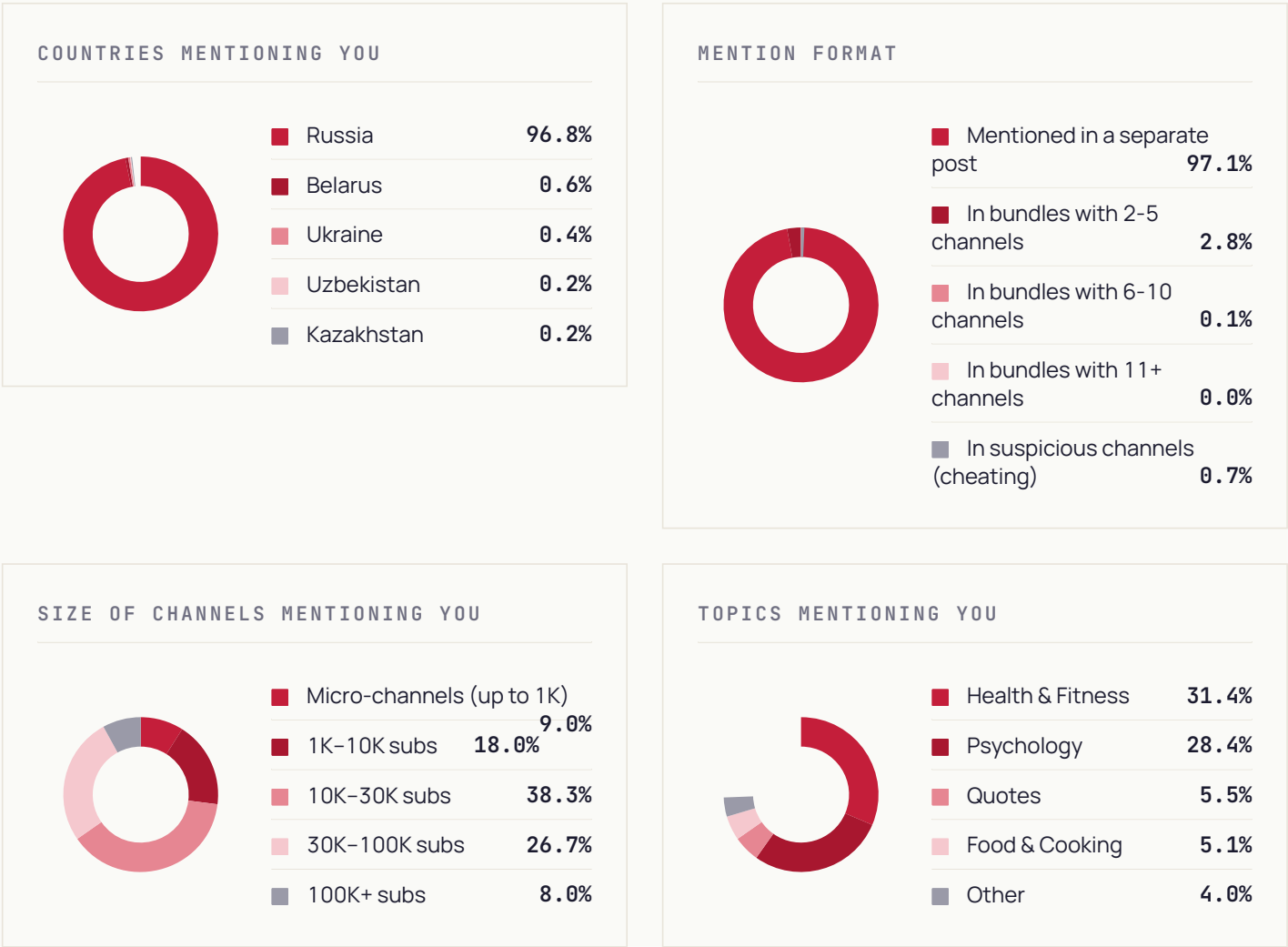
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel & how

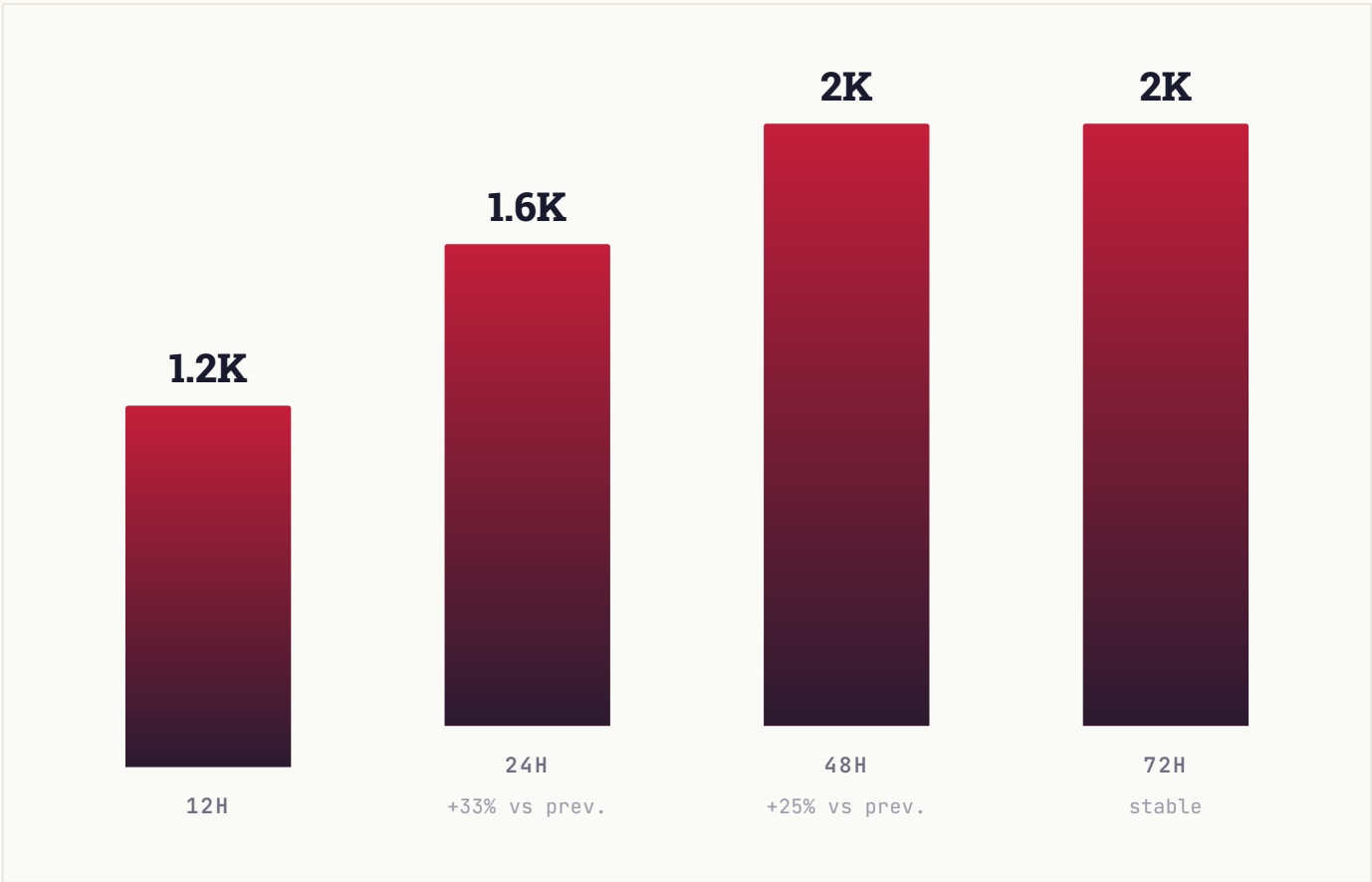
Citation index **868** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions **1 004** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps estimate how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
CI Test Purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our Body	480.2K
AU Ales Ulischenko Osteopath, PhD Faceplastics author	476.4K
BZ Stay Healthy	447.3K
M- Master - Yoga YOU	57.3K

COMPARATIVE CONCLUSION

Channel not yet outside niche top 97 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal: enter top-97 through systematic work on traffic and content.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

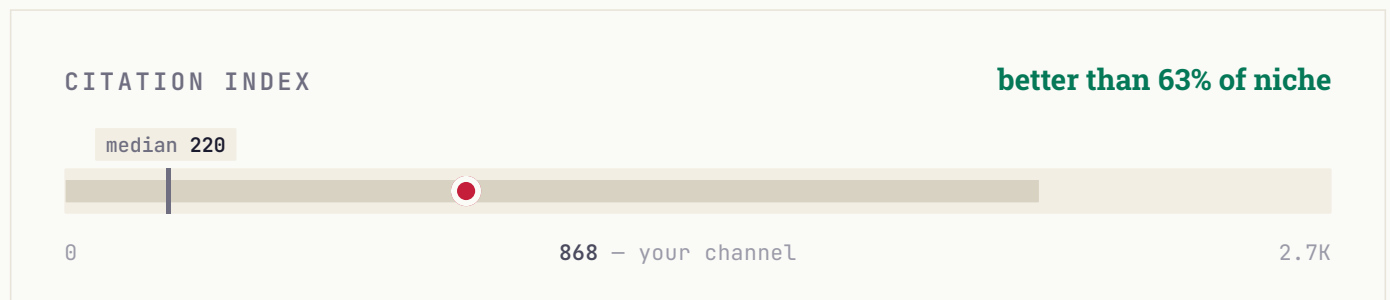
Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **237**, they brought **3 881** new subs.

PERIOD	MENTIONS	CHANNELS	SUBS ACQUIRED	
January 2026	35	22	812	
December 2025	42	30	483	
Nov 2025	58	39	827	
Oct 2025	42	27	496	
September 2025	43	34	900	
August 2025	17	15	363	

TOTAL MENTIONS	MONTHS OF DATA	SUBS ACQUIRED
237	6	3 881

Where channel stands in its league

Black vertical: median. Red dot: your channel.



— SECTION 09 · STRATEGY

What to do right now

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

01**Main post of the week — on Saturday**

Audience most active on this day at 20:00 MSK.

EFFECT

Best time for a key post**02****Increase video posts share**

Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%.

EFFECT

Video retains audience better**03****ER below niche benchmark — rethink formats**

Current ER 4.48% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+2.5pp ER**04****Systematic traffic buying**

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

EFFECT

+1000-3000 subs**05****Test polls & 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

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes using public data. Want to go further? Run ads through us and hit your growth plan in a month.

01 **Launch ads on Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
