

PROMTPRESS PUBLIC REPORT

Channel audit

Yoga with Larisa Semenova



@vivoyoga_larisa

Author's blog by Larisa Semenova. Learning to care for your body. Moving toward natural healing and rejuvenation. Through yoga and more. Collaboration @alex_vivoyoga

SUBSCRIBERS

354 126

+2426 per month

ERR (% SEE POSTS)

6.0%

in 24 hours **3.1%**

REACH/POST

21.3K

ad reach **10.9K**/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 354 126 —	 SUBSCRIBER REACH 6.02% avg % of subs see post	 VIEWS/POST 21.3K median 20.7K · 28 days	 POSTS/WEEK 8.4 for period
 7D TREND -17.4% vs previous week	 REACTIONS/POST 424.6 total 14,435 reactions, 643 reposts, 353 comments	 POST LENGTH 818 chars median 999 · 28 days	 POSTS ANALYZED 34 28 days
 AD REACH 10.9K 24h average	 CHURN / MONTH +2426 last month	 CITATION RATE 153 citation index · 227 channels mentioned all time	 CHANNEL AGE 4 years 3 months created 04.03.2022

AI EDITOR SUMMARY

Channel «Yoga with Larisa Semenova» — 354 126 subs. Each post averages 21.3K people (6% of subs), reach is low — consider expanding audience. Publishes 8 posts per week (~1/day) — regular schedule. For week of June 15–21, reach dropped by -17.4% by week of June 8–14 — worth analyzing causes.

SECTION 02 · CONTENT ANALYSIS

What works best

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

COMMON TRAITS OF TOP POSTS

- 01 Analysis based on 34 posts over 28 days.
- 02 Dominant format — Video (17/34 posts).
- 03 Avg post length — 818 chars (median 999).
- 04 Audience peak activity — Sunday, 15:00 MSK.
- 05 Top posts get 2x more views than the weakest (29.7K avg for top vs 18.1K for worst) — among 34 posts in 28 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

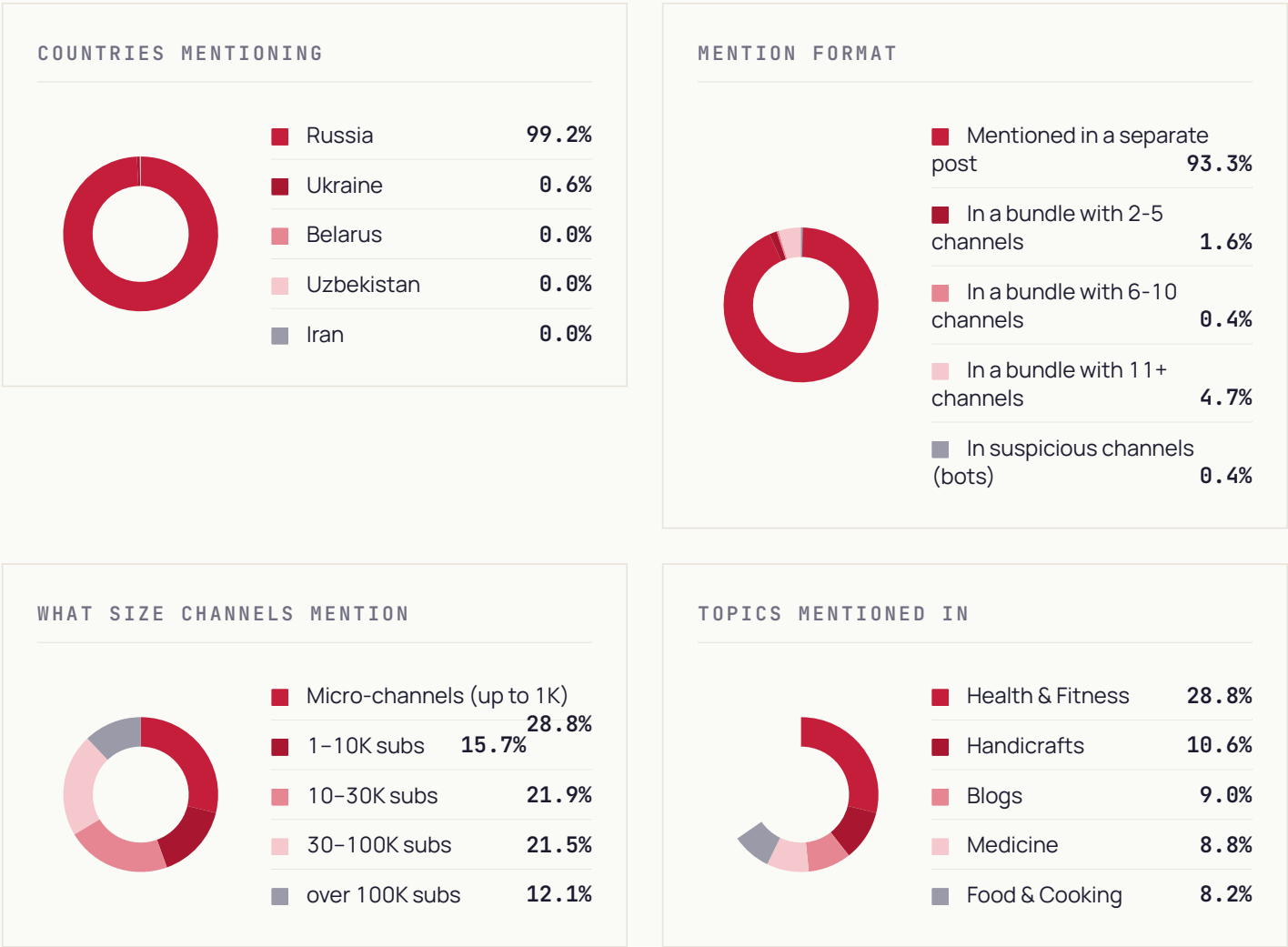
Nº1 07.06 · 07:21 VIDEO Where to start? Free marathon for beginners Chances are, you've tried to start regularly many times before. But your back hurts, or...	VIEWS 30 132 REP. 4	REACTIONS 423 ER 8.5%
Nº2 28.06 · 12:04 PHOTO Melt belly fat 🙄 Flat stomach for swimsuit season Lower belly bulge — eternal female headache. First thought: — Okay, I need...	VIEWS 30 057 REP. 30	REACTIONS 512 ER 8.5%
Nº3 09.06 · 07:59 VIDEO Pelvic floor workout 🔥 3 super exercises for women's health Suitable: 👉 for prevention if you want to strengthen muscles and not...	VIEWS 28 829 REP. 26	REACTIONS 1 340 ER 8.1%

Nº4 05.06 · 07:50 VIDEO You think: they're more successful, cooler, younger after all! Then you go on stage and the whole audience applauds you Well, I'm telling you about...	VIEWS 26 778 REACTIONS 1 192 REP. 3 ER 7.6%
Nº5 28.06 · 07:32 VIDEO How to stop putting off life? We always live in waiting mode. When the kids grow up... When the renovation is done... When we...	VIEWS 25 458 REACTIONS 353 REP. 8 ER 7.2%
WORST 3	
↓ 16.06 · 07:35 VIDEO «Flabby arms, can't wear a sundress» Complexes or time to work out? There are a couple of important nuances: ▶▶ Sometimes we are so critical of ourselves that...	VIEWS 18 487 REACTIONS 447 REP. 8 ER 5.2%
↓ 17.06 · 13:08 PHOTO I'm 36, feel like a grandma💔 How to get energy back in 20 min a day? Oh, I get it. At 36 I was trying orthopedic pillows...	VIEWS 17 938 REACTIONS 159 REP. 19 ER 5.1%
↓ 24.06 · 09:18 POLL (post without caption – poll)	VIEWS 17 810 REACTIONS 165 REP. — ER 5.0%

SECTION 03 · MENTIONS

Who mentions the channel and how

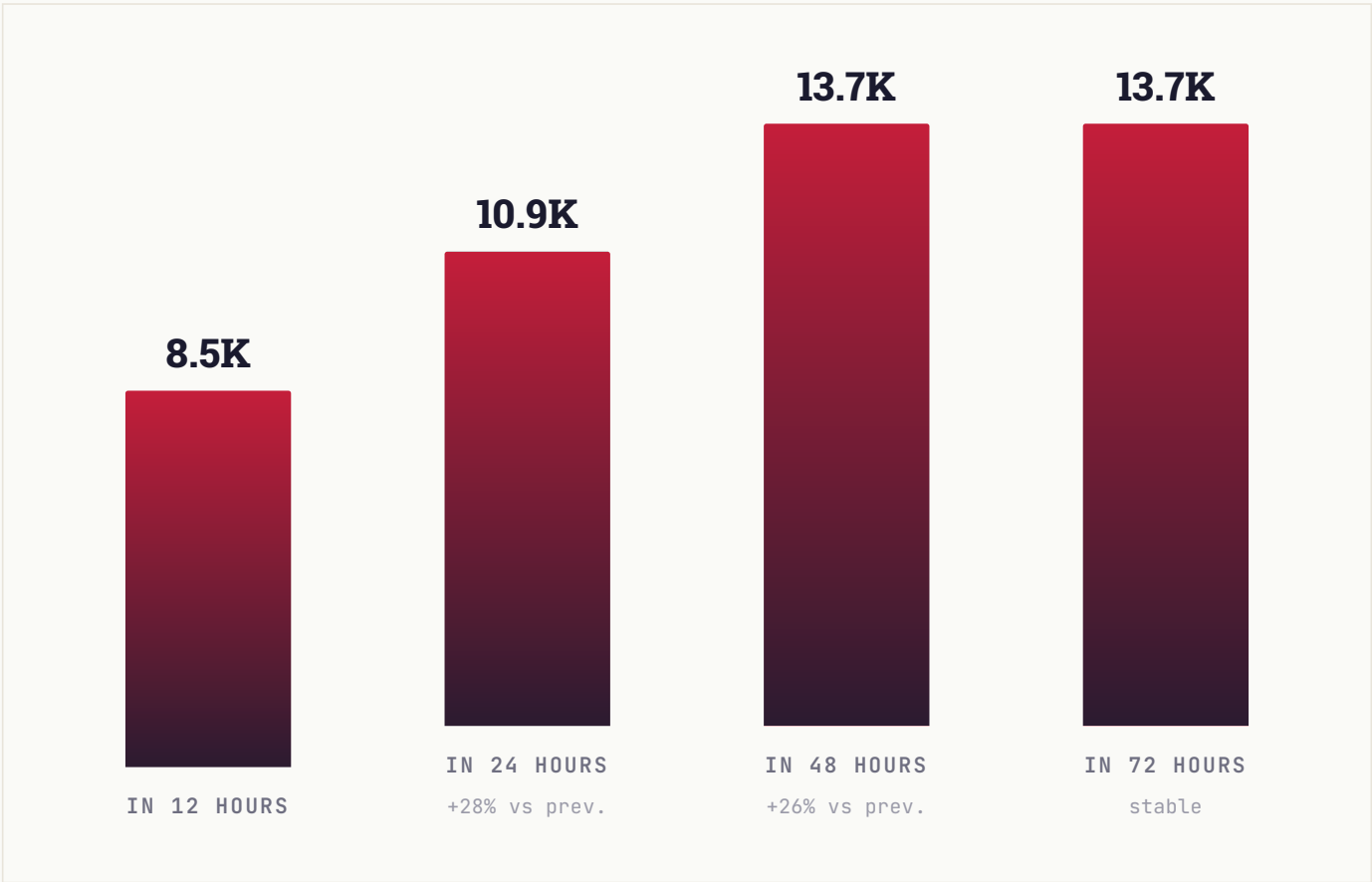
Citation index **153** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **227** different channels.



SECTION 04 · AD POTENTIAL

How long a post generates reach

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



SECTION 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
KZ Test purchase	770.1K
BI Biohackers	583.9K
BI Biohacking	534.2K
SL Sport Life	525.7K
VN Eternity in Tibet	494.9K
NT Our body	482.1K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	478.4K
BZ Stay Healthy	448.6K
ZE Healthy Food	418.1K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
YS Yoga with Larisa Semenova YOU	354.1K

COMPARATIVE CONCLUSION

Channel in top quartile of niche (#13 of 97). Leader — Test purchase (770.1K). Goal for coming months: enter niche top-10 through systematic traffic work.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **20**, they brought **137 513** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	0	0	46773
December 2025	1	1	19920
Nov 2025	16	16	21105
Oct 2025	1	1	16800
September 2025	0	0	11581
August 2025	2	2	21334
TOTAL MENTIONS			20
MONTHS OF DATA			6
ATTRACTED SUBSCRIBERS			137 513

SECTION 07 · NICHE COMPARISON

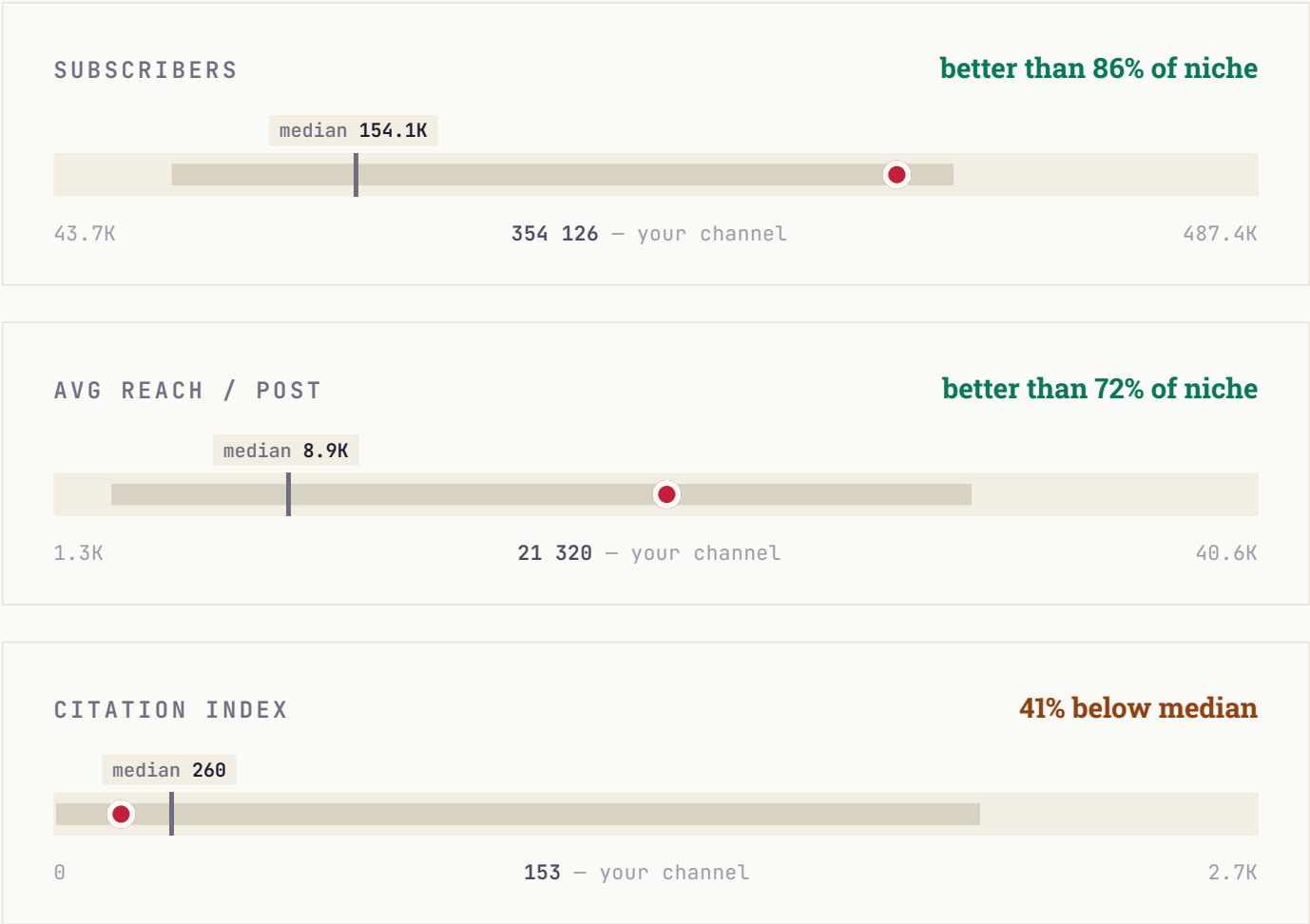
Where the channel stands in its league

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

#13/100

RANK IN NICHE

Channel in top 13% — strong position



— SECTION 08 · STRATEGY

What to do right now

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

01**Post of the week – Sunday**

Audience is most active on this day at 15:00 MSK.

EFFECT

**Best window
for an
important post****02****ER below niche benchmark – rethink formats**

Current ER 6.02% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+1.0pp ER**03****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****04****Test polls and interactive formats**

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic is an easy growth point.

EFFECT

+5-15% ER**05****Cross-promo with nearby channels**

Swap posts quarterly with channels in the same segment. No need daily – 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — 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 in Telegram

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager