

PUBLIC REPORT BY PROMTPRESS

Channel audit

YOGA Russia



@yoga_russ

Author's yoga channel by an experienced teacher. Ads:
@lady_onyxia Managers: @sale_yoga Ad exchange: https://telega.in/c/yoga_russ RKN Chat -...

SUBSCRIBERS

59 965

-196 per month

ERR (% SEE POSTS)

22.0%

last 24h **14.7%**

REACH/POST

12.9K

ad reach **8.8K/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 59 965 —	 SUBSCRIBER REACH 21.5% avg % subs see post	 VIEWS/POST 12.9K median 13.3K · 29 days	 POSTS/WEEK 26.0 for period
 7D TREND -1.6% vs previous week	 REACTIONS/POST 313.9 34,212 reactions, 13,402 reposts, 0 comments	 POST LENGTH 592 chars median 547 · 29 days	 POSTS ANALYZED 109 29 days
 AD REACH 8.8K 24h avg	 CHURN / MONTH -196 last month	 CITATION RATE 395 citation index · 559 channels mentioned all time	 CHANNEL AGE 2 years 10 months created 19.08.2023

AI EDITOR SUMMARY

Channel «YOGA Russia» — 59 965 subs. Avg views per post: 12.9K people (22% of subs), avg reach — room to grow. Posts 26 posts/week (~4/day) — active posting. Week Jun 22–28 reach stable (-1.6% vs week 15–21 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 109 posts over 29 days.
- 02 Dominant format – Video (58/109 posts).
- 03 Avg post length – 592 chars (median 547).
- 04 Peak audience activity – Friday, 20:00 MSK.
- 05 Top posts get 1x more views than the weakest (13.7K avg for top vs 12.5K for worst) – among 109 posts in 29 days. Analyze what the top has in common: topic, format, timing.

TOP 5 POSTS

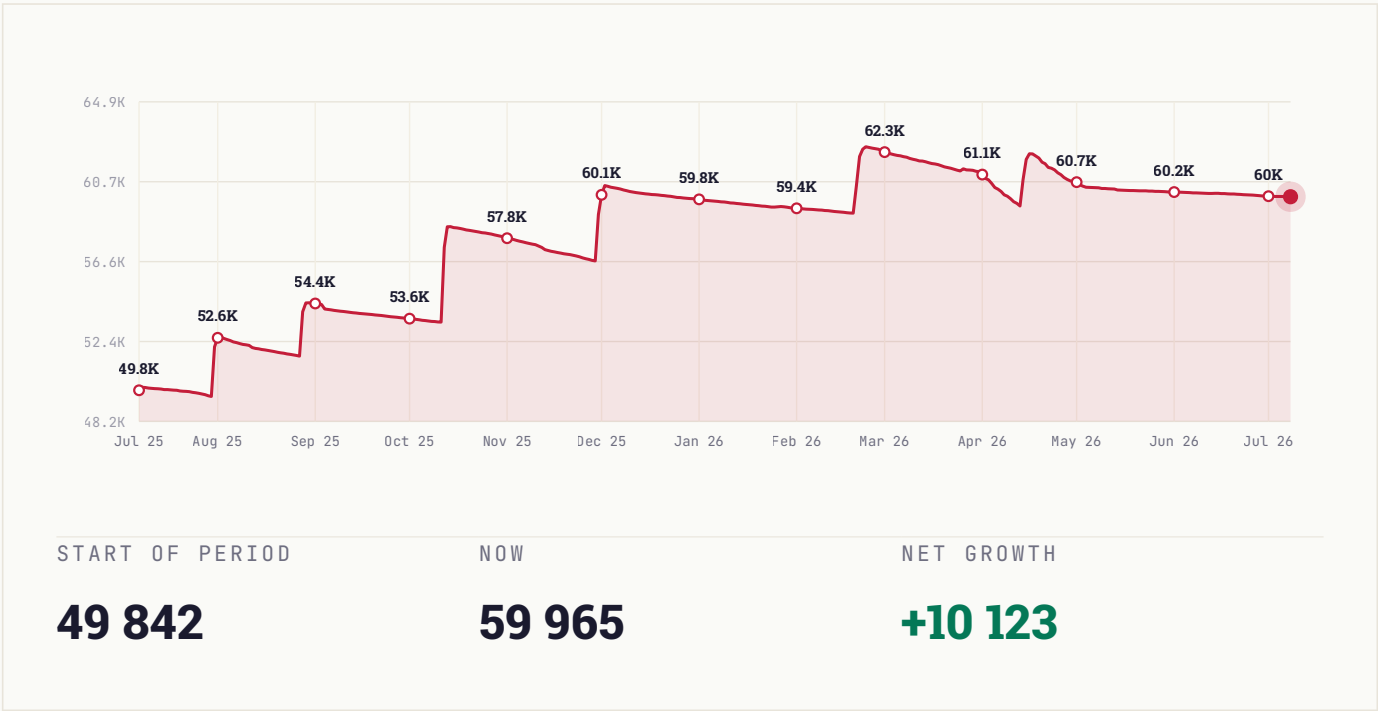
Nº1 19.06 · 17:05 PHOTO Sometimes a person must choose what to see and what not. True clarity comes not from the amount seen, but from the ability...💡	VIEWS 13 763 REP. 118	REACTIONS 293 ER 23.0%
Nº2 10.06 · 09:01 VIDEO — Daily Message — Sometimes the best way to find your path is to stop searching and just move forward. 🌿 Trust life, and it will lead you...	VIEWS 13 747 REP. 135	REACTIONS 317 ER 22.9%
Nº3 13.06 · 13:01 PHOTO ➡️ Kati Chakrasana – Waist Rotation A simple yet effective asana that relieves back tension, improves posture, and...	VIEWS 13 697 REP. 136	REACTIONS 326 ER 22.8%

Nº4 17.06 • 17:05 PHOTO  Zen — The Art of Silencing the Mind 💡 Zen is a system of inner freedom that lets you let go of attachments to the external world and...	VIEWS 13 693 REACTIONS 332 REP. 128 ER 22.8%
Nº5 15.06 • 05:16 VIDEO — Daily Affirmation — I'm not afraid of change — I create it myself, turning uncertainty into opportunity. 🌿 Today is a day when you can do...	VIEWS 13 689 REACTIONS 288 REP. 140 ER 22.8%
WORST 3	
 03.07 • 14:10 PHOTO  Pashasana — Noose Pose with Hands Behind Back Pashasana is a powerful twist that opens the chest, activates abdominal organs, and...	VIEWS 12 543 REACTIONS 297 REP. 125 ER 20.9%
 03.07 • 12:10 PHOTO Parable «The Miraculous Well» It was long rumored that in a forest there was a miraculous abandoned well. If you toss a coin into it...	VIEWS 12 522 REACTIONS 348 REP. 111 ER 20.9%
 04.07 • 06:11 VIDEO — Daily Affirmations — I don't have to shine to give light. My light is in being honest with myself. 🌿 Sometimes the main thing is not to loudly declare yourself, but...	VIEWS 12 355 REACTIONS 335 REP. 120 ER 20.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

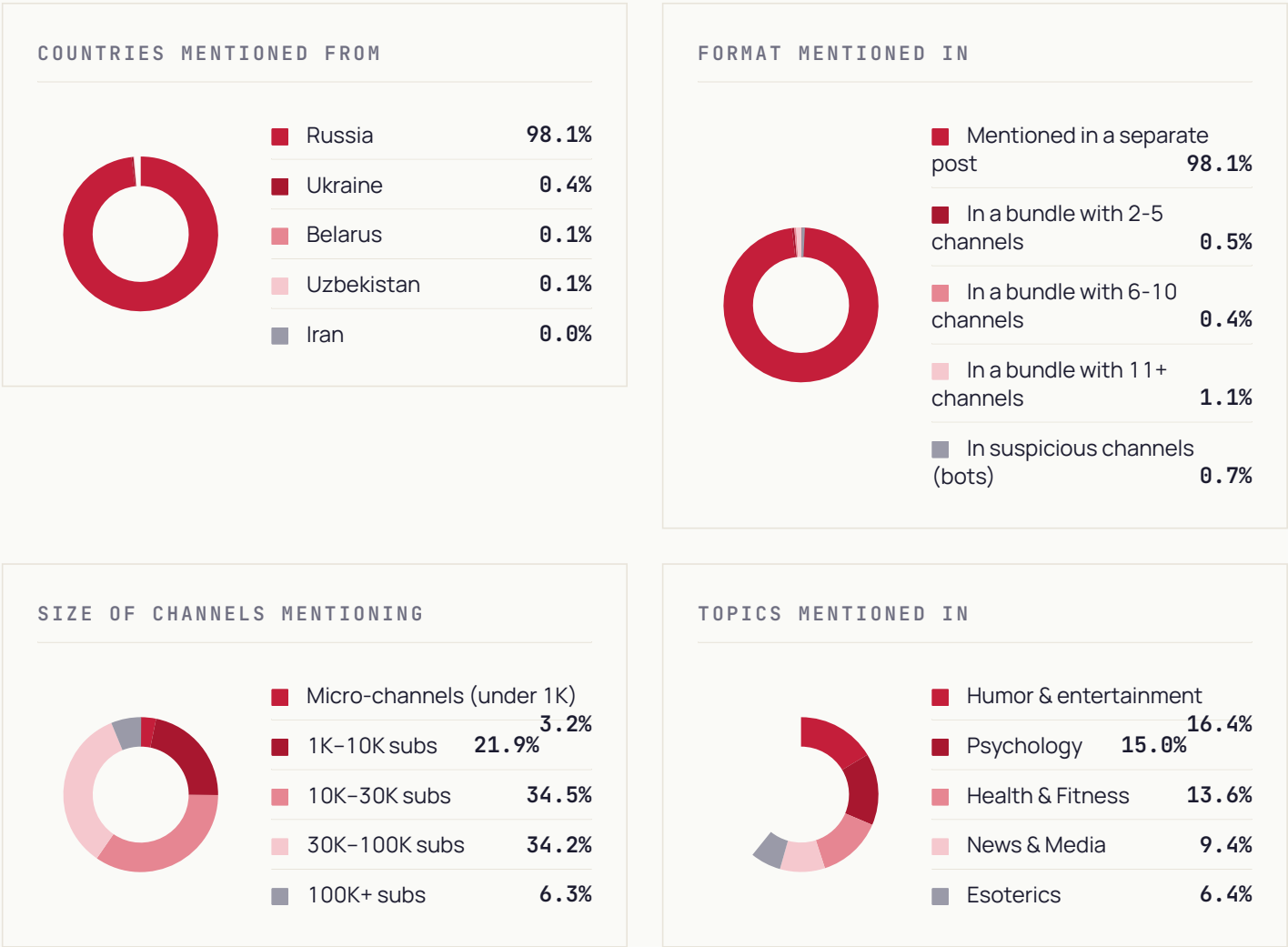
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

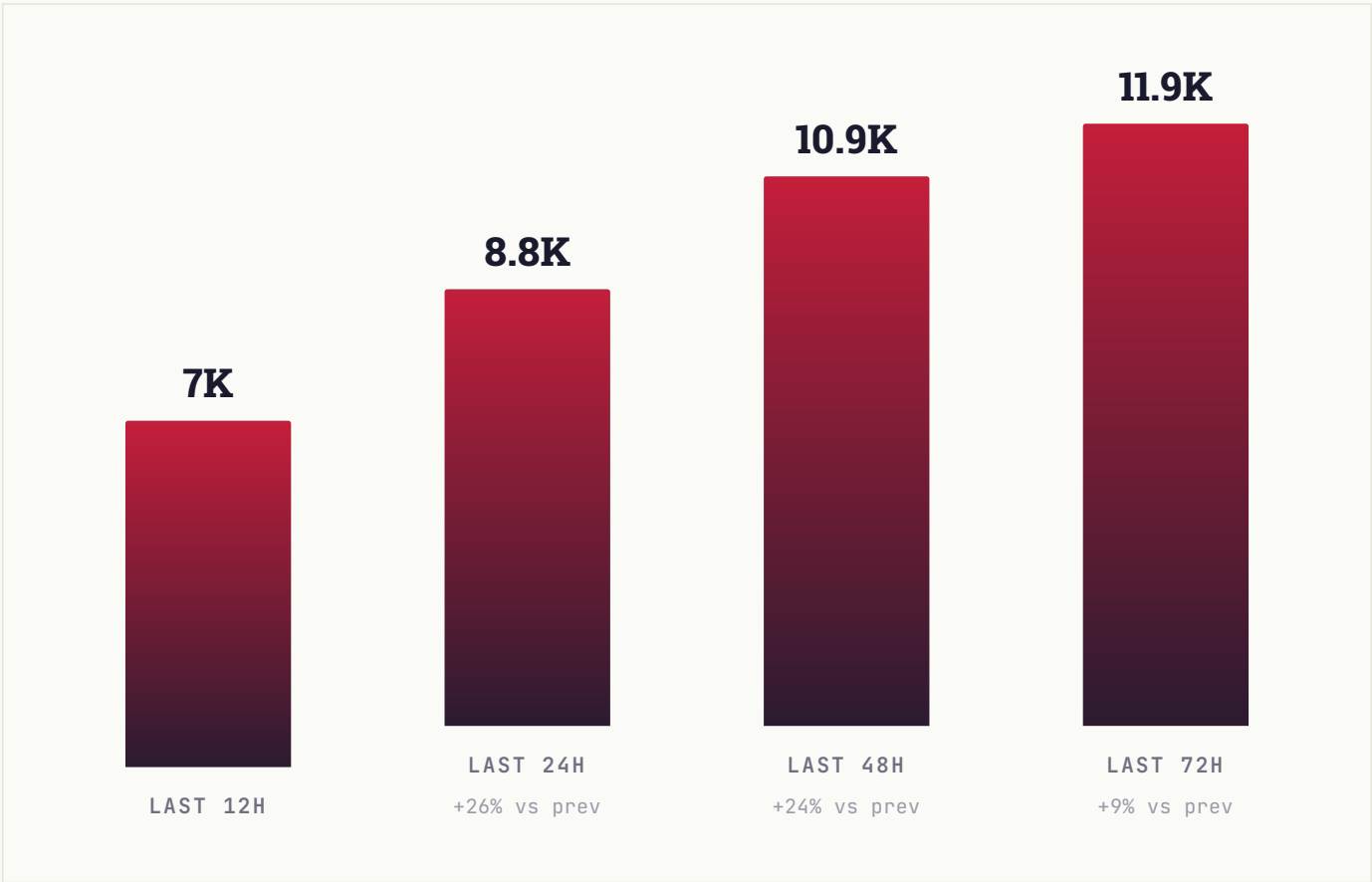
Citation index **395** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions **559** different channels.



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 and audience. Your channel is highlighted — see its place among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test Purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our Body	480.9K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	477K
BZ Stay Healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
YR YOGA Russia YOU	60K

COMPARATIVE CONCLUSION

Channel not yet outside niche top 97 — early growth stage. Niche leader — Test Purchase (766.3K), median top-97: 154.7K. First goal — enter top-97 through systematic traffic and content work.

SECTION 07 · 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: **117**, they brought **12 270** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	1	1	35
December 2025	5	5	1 510
Nov 2025	22	22	2 426
Oct 2025	65	35	4 993
Sep 2025	0	0	0
August 2025	24	24	3 306

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
117	6	12 270

Where the channel stands in its league

SUBSCRIBERS

61% below median

42.7K 59 965 — your channel 496.4K

median 155.2K

AVG REACH / POST

better than 57% of niche

1.2K 12 895 — your channel 38.4K

median 9.1K

CITATION INDEX

better than 52% of niche

0 395 — your channel 2.7

median 296

— SECTION 09 · STRATEGY

What to do right now

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

01

Main post of the week — on Friday

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

EFFECT

**Best window
for an
important post**

02

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**

03

Test polls & interactive formats

Posts with polls/reactions usually boost ER by 5-15%.
One weekly poll on a hot topic — easy growth lever.

EFFECT

+5-15% ER

04

Cross-promo with nearby channels

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

EFFECT

**Growth from
relevant
audience**

05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords — organic traffic source.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in minutes from public data. Want more? 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