

- Must check before rating :
 - Who am I talking to?
 - Who's my target market? 🎯
 - Yoga for women
 - What do they care about?
 - their health and mental health
 - What are their values, desires, and fears?
 - Info, Organization, attention to detail, comprehensive explanation, guidance, self-care
 - No more depression, painful cramps, back pain, etc.
 - Not being relaxed on periods, night shifts, having too much stress, being out of shape, mental health conditions, pain in the back, hips, etc.
 - How do they evaluate their decisions?
 - Testimonials, or a girl talking. They trust each other, especially when she has a big audience.
 - Where are your readers currently?
 - Are they aware of their problems? ✅
 - Your products? ❌
 - The solutions to the problems: ~~Drugs, hot water bottles~~
 - What are you trying to achieve with your words?
 - Click the link in the bio
 - Click the link in the DIC
 - Where do they want to be?
 - Not being depressed, no more pain in the body (back, hips, cramps)
 - What do they need to feel/think/experience/believe to get there?
 - Experience with a free yoga sequence/ meditation
 - believe that a lot of women did this (testimonials)
 - Think that this will give instant results (no B.S)
 - Think that this will only make them feel better in their body

5 EASY STEPS to Become The most ✨ Serene Woman ✨ in your Friend Group.

Your friends will BEG to know your secret.

The secret about How To Be in a positive mood every day easily!

Whether you're on a night shift or dealing with your period, these steps will bring relaxation.

Forget about expensive medicines or drugs,

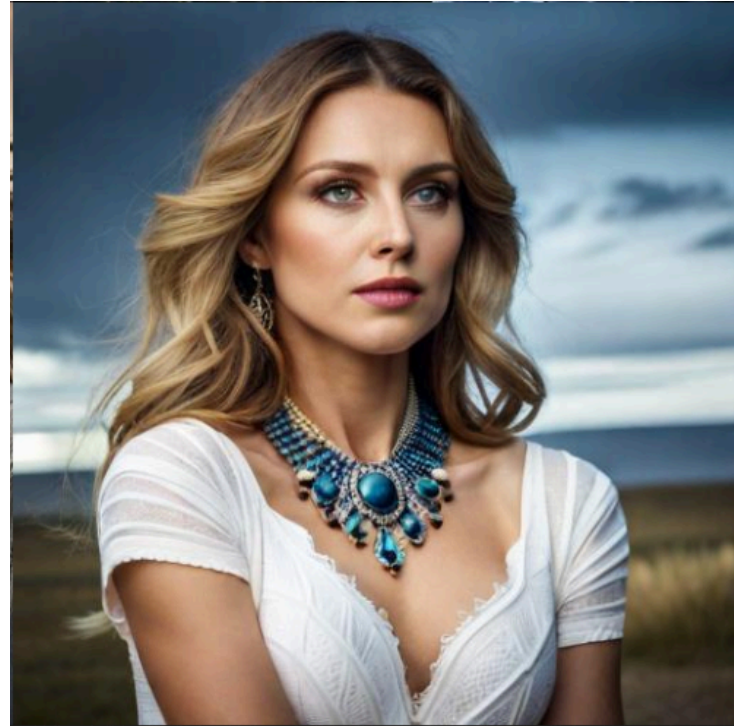
Instead, try 5 Simple, Delicate, and Soothing Yoga poses.

Feel at home anywhere you go with these poses.

We are teaching Asanas better than anyone else.

It's FREE.

Type "Serene" in the comments to try it out! Only 1000 thousand members left!



Remove back pain NOW in 6 minutes

And enjoy sleeping, writing, or even dancing without any discomfort!

Not only this is the easiest and fastest way to never feel pain in the back EVER again.

It's The CHEAPEST, easiest, and fastest to always remove back pain.

It's not drugs or strange objects aggravating your situation, Only PURE relief

Feel Resplendent and Majestic through a relaxing sport that always makes Serene: Yoga

Join thousands of satisfied women who learned Yoga through our delicate Yoga Courses!

If you want to try it, type "back" in the comment section and check your DMs (3 days left)



The method that will 100% END your painful cramps

Say goodbye to drugs and expensive products!

Embrace a sport that brings serenity, harmony, and splendor to your everyday life.

The sport holds incredible benefits for women like you: Yoga! where anxiety and pain go *woosh*.

That's why we teach Yoga, Pilates, Asanas, and more to thousands of women like YOU.

Type "Cramps" in the comments section to try a free 10 minutes course.

Only 7 days left! Check your DMs!

