

Yoga, Handstand & Mobility | BANGKOK

INSTAGRAM

@johnlizcanomoves Thailand, Bangkok

I help yoga teachers + athletes improve mobility (assess ? fix ? progress) Creator Find & Fix Mobility Method™
Handstands Courses/Teacher Trainings ?

22,082	0	802	2.06%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Fitness

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 31, 2026	22,082	2.06%	443	12

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 30, 2026	242	9	0
Video	May 28, 2026	167	28	0
Video	May 25, 2026	502	17	0
Carousel_album	May 22, 2026	130	8	0
Video	May 21, 2026	37	0	0

Type	Posted	Likes	Comments	Shares
Carousel_album	May 19, 2026	262	6	0
Video	May 15, 2026	174	9	0
Video	May 14, 2026	314	7	0
Carousel_album	May 12, 2026	358	16	0
Carousel_album	May 07, 2026	241	11	0
Carousel_album	May 05, 2026	404	7	0
Carousel_album	May 03, 2026	205	7	0

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Data is based on publicly available information and may not reflect real-time metrics.