

Char | Insight Out Yoga

INSTAGRAM @misscharholmes United States, New York

? Devoted yogi - awakening you to radiant + soulful living Teacher of teachers @sattvayogaacademy Practise with me @insightout.yoga.app?

40,068	0	3,476	0.48%	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 17, 2026	40,068	0.48%	181	11

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 15, 2026	150	16	0
Image	May 14, 2026	98	4	0
Carousel_album	May 10, 2026	90	5	0
Image	May 10, 2026	95	2	0
Image	May 09, 2026	219	14	0

Type	Posted	Likes	Comments	Shares
Carousel_album	May 06, 2026	179	5	0
Image	May 05, 2026	62	3	0
Image	May 03, 2026	170	10	0
Video	May 01, 2026	157	10	0
Image	Apr 26, 2026	209	32	0
Carousel_album	Apr 25, 2026	221	7	0
Carousel_album	Apr 18, 2026	210	13	0

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