

WEEKLY PLANNER

MONDAY



90 minutes HOLIDAY YOGA = Yin Yoga Myofascial release full body stretch = Stress Release

TUESDAY



Tuesday 45 min Yin Yoga for Your Nervous System | VAGUS NERVE YOGA

WEDNESDAY



Somatic Yoga for neck, shoulders, TMJ & vagus nerve stimulation (VNS) PREMIERES 5:15AM DEC 20, 2023

THURSDAY



YIN YOGA FUSION Vinyasa Yin Flexibility Yoga Flow - 50 minute (Members or on Patreon)

FRIDAY



Pilates for Glutes • Yoga | Fascial Training Exercises | Tone, Stretch & Release YOGILATES

SATURDAY



Yin Yoga for Clearing Emotions & vagal nerve yoga | 45 min MFR with vagus nerve stimulation

SUNDAY



Silent Yin Yoga Myofascial Release | 1 Hour Of Pure Meditative Bliss with Healing Vibrations

Yoga For Beginners Weekly Ad This Month

Annelies Wilder-Smith



Yoga For Beginners Weekly Ad This Month:

Master Meta Ads and Skyrocket Your Online Sales ANANT RAM BOSS, 2025-10-13 Are you a digital entrepreneur a course creator coach author or template designer with a world class product but struggling to get it in front of the right buyers Do you feel like you're losing sleep and draining your budget on inconsistent complicated Meta Ads results Welcome to Meta Ads Demystified A Proven System to Skyrocket Your Online Sales This isn't just another generic marketing book it is the comprehensive actionable system designed specifically to transform your high value intangible digital products from 27 eBooks to 1 997 coaching programs into consistent scalable revenue You know your audience is among the 3.2 billion active users on Facebook and Instagram Now it's time to stop scrolling past them and start converting them into paying customers with a system built on three core repeatable pillars Structure Strategy and Scaling Crush the Competition with a Proven 3 Pillar System Meta Ads Demystified cuts through the complexity of Meta Ads Manager providing a step by step blueprint tailored to the unique needs of digital entrepreneurs who thrive on niche audiences and compelling storytelling 1 Structure Build Your Bulletproof Campaign Foundation Blueprint Clarity Get a clear repeatable campaign framework simplifying the complexity from choosing objectives Lead Generation Conversions to designing multi stage funnels that flawlessly guide prospects from awareness to a high value sale Creative Library Learn to develop a high converting content library of videos Carousels and images with compelling copy like social proof and a testing cadence that ensures your message never loses impact 2 Strategy Drive Laser Focused Conversions Precision Targeting Mastery Master Meta's AI to pinpoint high intent buyers using Lookalike Audiences based on your best customers interest targeting e.g. Mindfulness for a yoga course and retargeting ensuring every pound spent counts Funnel Optimization Discover how to optimize funnels with irresistible lead magnets effective 5-7 email sequences and upsells to drastically maximize Average Order Value AOV and achieve 4x ROAS Return on Ad Spend or higher Cost Control Use smart bidding strategies like Lowest Cost and Cost Cap to control your costs and scale efficiently even if you're starting with just a 100 month budget 3 Scaling Automate and Achieve Predictable Revenue Smart Automation Learn to automate optimization with rules e.g. Pause ad if Cost Per Lead 3 and Meta's Advantage tools to save time and boost performance while you sleep Sustained Growth Master the art of gradual scaling 20-50% weekly while maintaining high conversion rates turning your Meta Ads efforts into a predictable reliable revenue machine Solve the Biggest Meta Ads Headaches Tired of Wasted Budget Complexity Overload and Ad Fatigue This book delivers the solutions with real world case studies like a yoga coach generating 100 leads at 1.50 each showing you exactly how to Troubleshoot low CTR high CPM and ad rejections Keep engagement high by rotating creatives and audiences Stop losing money and start hitting KPIs like a 1.5% CTR and a 4x ROAS Whether you're a beginner launching your first campaign or a seasoned pro scaling to five figures per month Meta Ads Demystified gives you the competitive edge to capture attention convert leads and achieve exponential online sales growth Your journey to Meta Ads mastery begins here **Meta Ads Demystified: A**

Proven System to Skyrocket Online Sales ANANT RAM BOSS, 2025-04-26 Imagine you're a digital entrepreneur with a vision, a yoga course that transforms lives, an eBook that inspires action, a coaching program that empowers businesses, or a set of design templates that sparks creativity. You've poured your heart into creating a product that solves real problems, but now comes the hard part: getting it in front of the right people. You know your audience is out there scrolling through Instagram Stories, engaging with Facebook posts, or searching for solutions to their challenges. The question is: how do you reach them, captivate them, and convert them into paying customers without draining your budget or losing sleep over inconsistent results?

Welcome to **Meta Ads Demystified: A Proven System to Skyrocket Your Online Sales**, the ultimate guide for digital entrepreneurs ready to harness the power of Meta Ads, the advertising platform that spans Facebook and Instagram, reaching over 3.2 billion monthly active users as of 2025. This isn't just another marketing book; it's a comprehensive, actionable system designed to transform your digital business by turning clicks into consistent, scalable revenue. Whether you're a course creator, coach, author, or creator of digital products, this book equips you with the structure, strategy, and scaling techniques to master Meta Ads and make Facebook and Instagram your growth engine. From building high-converting funnels to nailing precise targeting, optimizing for maximum ROI, and scaling without losing momentum, **Meta Ads Demystified** is your roadmap to cracking the code of Meta Ads and achieving predictable, explosive online sales.

What Is Meta Ads Demystified? **Meta Ads Demystified** is a step-by-step blueprint tailored for digital entrepreneurs who want to leverage Meta Ads to grow their businesses with confidence and consistency. Unlike generic advertising guides, this book focuses on the unique needs of digital products: intangible, high-value offerings like online courses, coaching programs, eBooks, or digital downloads that thrive on niche audiences, compelling storytelling, and scalable funnels. It's built around three core pillars:

- Structure:** A clear, repeatable campaign framework that simplifies Meta Ads complexity, from choosing objectives to designing funnels and creatives.
- Strategy:** Data-driven tactics for targeting high-intent audiences, crafting ads that convert, and optimizing funnels to maximize engagement and sales.
- Scaling:** Proven methods to automate optimization, expand reach, and sustain growth, turning Meta Ads into a predictable revenue machine.

This system is grounded in real-world applications with examples and case studies showcasing digital entrepreneurs like a yoga coach generating 100 leads at \$1.50 each, or an eBook author achieving a 5x ROAS, bringing strategies to life. Whether you're a beginner launching your first 100-month campaign or an advanced marketer scaling to 10,000-month Meta Ads, **Meta Ads Demystified** adapts to your goals, budget, and niche, from wellness to education to creative services.

Why Meta Ads for Digital Entrepreneurs? Meta Ads is a game-changer for digital products, offering unparalleled opportunities to connect with your ideal audience. With 3.2 billion users across Facebook and Instagram, it's a goldmine for reaching yoga enthusiasts, aspiring writers, small business owners, or creative professionals. Here's why Meta Ads is a must-have tool for digital entrepreneurs:

- Laser-Focused Targeting:** Meta's AI-driven targeting lets you pinpoint your audience using Lookalike Audiences based on your best customers, interest targeting (e.g., Mindfulness for a yoga course).

or retargeting e.g. website visitors who didn't buy. This ensures your ads reach people ready to engage. Dynamic Creative Formats: From 15-second Instagram Reels to Facebook Carousel ads, Meta's visual formats let you showcase your product's value, whether it's a yoga pose video, a coaching testimonial, or an eBook preview, in ways that captivate and convert. Scalable Funnels: Build multi-stage funnels: awareness, lead generation, sales, to guide prospects from a free lead magnet (e.g., 5 Yoga Tips PDF) to a high-value purchase (e.g., \$297 course), maximizing conversions and AOV (Average Order Value). Cost-Effective Entry: Start with as little as \$5/20 days, making Meta Ads accessible for bootstrapped entrepreneurs with the ability to scale as you hit KPIs like 1.5% CTR or 4x ROAS. Real-Time Optimization: Meta's analytics and AI tools (e.g., Advantage Placements, Dynamic Creative) provide instant feedback on metrics like CTR, CPL, Cost Per Lead, CPA, Cost Per Action, and ROAS, letting you optimize on the fly. Example A: A coaching program targets a 1% Lookalike Audience with a Facebook ad offering a Free Productivity Guide. The campaign generates 200 leads at 1.80 CPL, with a 5-email sequence converting 10% to a 199 program, yielding a 4x ROAS. This precision and scalability make Meta Ads ideal for digital products.

The Challenges You'll Face and How This Book Solves Them

Meta Ads' potential comes with challenges that can frustrate even seasoned marketers. Without a clear system, you risk wasting time, money, and momentum. Common pitfalls include:

- Complexity Overload:** Meta Ads Manager's myriad options (objectives, audiences, placements, bidding strategies) can overwhelm beginners and pros alike. Meta Ads Demystified simplifies this with a structured blueprint (Chapter 35) that guides you through every decision.
- Wasted Budget:** Poor targeting, weak creatives, or high ad fatigue (Frequency 3+) can spike CPM 15% or CPA 20%, draining budgets. The book teaches data-driven strategies (Chapter 5, Chapter 10) to optimize for low CPL (1.3) and high ROAS (3x).
- Ad Fatigue:** Overexposed ads lose impact, tanking CTR and raising costs (Chapter 31). You'll learn to refresh creatives and rotate audiences to keep engagement high.
- Policy Rejections:** Ads violating Meta's rules (e.g., excessive text, misleading claims) get rejected, halting campaigns (Chapter 34). The system provides compliance tips and appeal processes to keep ads live.
- Inconsistent Results:** Sporadic wins without a repeatable process stall growth. The book delivers a scalable system (Chapter 35) with automated rules and Advantage tools for predictable revenue.
- Scaling Struggles:** Increasing budgets or audiences can disrupt performance. You'll master gradual scaling (20-50% weekly) to maintain ROAS (Chapter 16).

Example A: A beginner course creator faces rejected ads and a 0.7% CTR. Using Meta Ads Demystified, they revise creatives to comply with policies, target a 3% Lookalike Audience, and refresh ads biweekly, boosting CTR to 1.8% and generating 50 leads at 2 CPL.

What You'll Learn in Meta Ads Demystified

Meta Ads Demystified is a comprehensive system organized around three pillars: Structure, Strategy, and Scaling, each packed with actionable insights to master Meta Ads.

- Structure:** Building a Campaign Foundation. Create a repeatable blueprint with clear objectives (e.g., Lead Generation, Conversions, multi-stage funnels, awareness, leads, sales) and budget allocations (Chapter 7, Chapter 20). Develop a creative library of videos, Carousels, and images with compelling copy (e.g., "Join 5,000 Students" and a testing cadence to ensure consistency) (Chapter 10, Chapter 21).
- Example A:** A yoga coach builds a

funnel offering a free Stress Relief Planner retargeting leads with a 29 mini course and selling a 97 course with a 500 month budget split 50% top funnel 30% middle 20% bottom Strategy Driving Engagement and Conversions Master precision targeting with Lookalike Audiences interest targeting and retargeting to reach high intent buyers Chapter 5 Chapter 30 Craft compelling creatives using 10 20 second Reels social proof and urgency to boost CTR 1 5% Chapter 29 Optimize funnels with lead magnets email nurturing 5 7 email sequences and upsells to maximize AOV Chapter 27 Use bidding strategies like Lowest Cost and Cost Cap to control costs and scale efficiently Chapter 25 Example An eBook author targets Writing interests with a Carousel ad generating 150 leads at 1 50 CPL and converting 8% to a 49 eBook via email achieving a 4x ROAS Scaling Automating and Growing for Long Term Success Automate optimization with rules e g Pause if CTR 1 5% and CPL

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Delve into the emotional tapestry woven by Crafted by in **Yoga For Beginners Weekly Ad This Month** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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