



## Personal Travel Insurance Recommendations

World Nomads

Allianz

Travelguard

Global Rescue

## Social Media Planners

Some are free, some allow free posts, and others are paid. Check to see what platforms they connect to that you are going to use.

- Later
- Planoly
- Hootsuite- a lot of free content to stay organized here:  
<https://blog.hootsuite.com/social-media-templates/>  
<https://blog.hootsuite.com/how-to-create-a-social-media-marketing-plan/>
- Sprout Social
- Buffer
- Crowdfire- allows Tiktok
- Planable

## Social Media Apps

- Splice- video editing
- Layout- splice photos together
- Grids- make a small photo into a photo grid for IG
- Canva
- Square Fit (if your image or video is larger than the IG square)
- FaceTune (if you need to blur or smooth any spots)
- Followmeter- see who follows and unfollows you
- Google Drive
- Google docs (store your hashtags in there)

- Zoom
- Time Buddy- check time differences across the world

## **Done-For-You Hashtags**

### **Yoga**

#yogaisforeverybody #yogamagic #movementismedicine #yogateacherslife #yogajourney  
#yogadaily #yogagram #yogafun #yogalover #yogafit #yogafitness #yogatherapy #yogaoutside  
#yogagirl #yogaforlife #yogamoves #asanas #yogaeverywhere

### **Aerial**

#aerialtricks #aerialfit #aeriallife #aerialinspiration #aerialtraining #aerialmovement  
#antigravityyoga #aerialfitness #aerialcircus #aerialartist #aeriallovers #aerialyogagirl  
#aerialacrobatics #aerialgymnastics #aerialyogagivesyouwings #aerialfun #aerialflow  
#aerialyogaflow #aerialdancer #aerialfabric #aerialperformance #aerialyogatricks  
#aerialistinthewild #aerialinversions #aerialyogainstructor #aerialyogaclub #aerialyogapose  
#risingwingsaerialyoga

### **Quotes**

#manifestation #guidance #mylifemyway #positivemindset #communityovercompetition  
#growthmindset #positivityiskey #powerofpositivity #wordsofwisdom #spiritualityquotes  
#higherself #lightworker #goodkarma #progressnotperfection

### **Yoga Teacher**

#yogateacherlife #teachingyoga #yogateachers #yogateachertrainingcourse #yogateacherslife  
#yogateacherinspiration #yogateachertrainer #yogateacherstraining #yogateachertips  
#yogainstructor #yogaeducation

### **Travel**

#wanderlust #travel #travelphotography #travelgram #travelblogger #instatravel #adventure  
#explore #traveltheworld #traveller #travelingyogini #tourism #traveladdict #travellife #travelbug  
#wanderluster #exploring #doyoutravel #roamtheplanet #lovetravel #ilovetravel #igtravel  
#worldplaces #exploreourearth #wonderfullocations #earthoutdoors #beautifuldestinations  
#worldtraveller #tropicalvibes #vacaymode #travelwriter

### **Coaching**

#mentorship #empowerment #brandstrategy #creativestrategy #riseandstrive  
#businessmentoring #sisterpreneurs #coaching #entrepreneurship #leadershipskills  
#lifecoaching #lifecoach #coachpreneur #coachingjourney #holisticcoaching #yogacoach  
#yogamentor #retreatleader #mindfulmentor #onlinecoach #onlinementor  
#transformationalcoach #coachinglife #womenempowerment #womensupportingwomen

## Healers

#naturalhealer #healersoftheworld #healersjourney #healersofinstagram #holistichealers  
#energyhealers #soulhealer #pranichealer #spiritualhealers #reiki #reikihealing #reikihealer  
#reikimaster #reikilove #chakrahealing #chakrabalancing #chakracleansing #soundhealing  
#crystalhealing #thetahealing #thetahealer #healing #healingjourney #healingenergy  
#healingvibrations

## Yogis

#yogis #yogisofinstagram #yogisofinstagram #yogisoftheworld #yogini #yoginilife #yoginis  
#yoginilifestyle #yoginisofinstagram #travelingyogini #igyogini #travelyogini #travelyoga  
#travelyogi #yogateacher #yogateachers #yogaeacherlife #yogateacherlifestyle #yogaretreat  
#yogaretreats #womensretreat #womensretreats

## Aerial Yoga

#airyoga #aerialyoga #aerialyogalove #aerialyogaflow #aerialyogateacher #aerialyoga  
#aerialyogahammock #aerialyogapose #aerialyogateachertraining #risingwingsaerialyoga  
#aerialyogatricks #aerialyogastudio #aerialyogafun #aerialyogainstructor #aerialhammock  
#aerialhammocktrick #aerialhammockdance #aerialhammockdance #aerialhammocktricks  
#aerialsling #aerialslingtricks #aerialarts #aerialdance #aerialdancer #aerialist #aerialists  
#aerialistsofinstagram #aerialistsofinstagram #aerialistsofinstagram #yogahammock

#aerialistlife #aerialsilks #aerialnation #aerialbeauty #aerialtricks #flipsandtricks  
#lifeisbetterupsidedown #aeriallove #aerialfitness #aerialfit #aerialtraining #aerialaddict  
#aeriallife #aerials #aeriallovers #aerialflow #yogatrapeze #flyingyoga #yogaswing #swingyoga  
#yogafly #antigravity #antigravityyoga #antigravityfitness #aeroyoga #circusinspiration  
#circusarts #circusinternational #circusfitness

## **Flight Booking Recommendations**

Personally, I prefer to book through the airline itself because if you book through a cheaper third-party site, you often cannot change anything or if you miss your flight, you're out of luck (but also get travel insurance for this reason as well).

- Kayak (my #1)
- Skyscanner
- Kiwi
- Cheaptickets
- Momondo
- Google flights
- Expedia
- Orbitz

- CheapOAir

## **Destination Specific Airlines**

This is by no means an exhaustive list

- AirIndia
- Indigo
- Air Asia
- China Airlines
- China Southern
- China Eastern
- Eva Airlines
- Scoot Airlines
- British Airways
- Malaysian
- Sri Lankan
- Thai Airways
- Lion Air
- Virgin
- Qatar
- Malindo Air
- Turkish Airways
- Iceland Air
- Lufthansa
- Ryanair
- Singapore Air
- Avianca
- Copa Airlines
- Aeromexico
- United
- Delta
- American
- Southwest
- Frontier
- Jetblue
- Spirit
- Latam
- Norwegian
- Wow Air
- Emirates
- Etihad
- Cathay Pacific
- Spicejet

- Air Canada
- Alaskan
- Easyjet

More info here: <https://www.worldairlineawards.com/best-airlines-2022-by-region/>

**\*\*Always read reviews of airlines before purchasing! Also, you can use this list to research which airlines fly to your destination and offer recommendations to your guests.**