

Popular Yoga Instructor Amit Namdev Is Now Spreading Awareness About Prostate Health

Amit Namdev is an experienced yoga instructor offering online and offline classes. He is now educating the public about prostate health.



Da Nang, Vietnam Oct 19, 2022 ([Issuewire.com](https://www.issuewire.com)) - Amit Namdev has been a certified yoga teacher since 2004. During his career, he has coached thousands of people from around the world on how to live a healthier life with yoga. With his YouTube channel, he is now creating awareness about prostate health, and how yoga can help men maintain good prostate health throughout their lives. In addition to prostate health, he also helps his viewers attain good overall health with effective yoga poses.

A spokesperson for Amit Namdev made an official press statement, "Amit Namdev is highly proactive about educating the public about all the ways yoga can enhance their health and their overall quality of life. His recent video about prostate health has garnered many views, and he aims to create a lot more content that helps people deal with specific health concerns effectively."

To know more about Amit Namdev, please go through his official website

<https://yogawithamit.com/>.

Amit Namdev's yoga YouTube channel can be seen at

<https://www.youtube.com/c/yogawithamit>.



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Source : Yoga with Amit

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