

Vidushi Nambiar | Yoga & Fitness

INSTAGRAM

@fit.wildflower India, Bangalore

? Yoga Teacher & Sadhika ???? Certified Yoga Coach ? Group & Private Sessions ? DM for classes

1,221	0	232	10.89%	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 19, 2026	1,221	10.89%	112	21

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Carousel_album	Sep 05, 2025	182	46	0
Carousel_album	Jul 08, 2025	147	98	0
Video	Mar 29, 2025	131	19	0
Video	Oct 25, 2024	81	7	0
Video	Oct 24, 2024	136	45	0
Video	Sep 24, 2024	114	19	0

Type	Posted	Likes	Comments	Shares
Video	Sep 18, 2024	91	14	0
Video	Sep 13, 2024	137	16	0
Image	Sep 11, 2024	151	10	0
Video	Sep 08, 2024	97	18	0
Image	Sep 07, 2024	58	1	0
Video	Sep 05, 2024	105	46	0

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