

**KDHAM OUTREACH PROGRAMME SCHEDULE - ONLINE****Free Online Yog Sessions**

<b>Program</b>	<b>Time</b>	<b>Day</b>	<b>WhatsApp to enroll</b>
<b>Yogaland-</b> wholesome yoga for cancer and other conditions	6am - 7.30 am	All Days	9767213614
<b>Wellness With Pranayama</b>	7.30am - 9am	All Days	9767213614
<b>Diabetes management with yoga</b>	6.30 am - 8.00 am	Mon- Wed- Fri	9422095112
<b>Yoga for seniors</b>	8.30 am - 10.00 am	Mon- Fri	9422095112
<b>Sakhi Saheli</b> - weight management programme for housewives	6pm - 7pm	Tuesday and Wednesday	8380986689
<b>Cancer warriors - pranayama and Meditation</b>	6.30pm - 7.30 pm	All Days	7719889889 9767213614