

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

Program	Time	Day	WhatsApp to enroll
Yogaland- wholesome yoga for cancer and other conditions	5:00 to 6:00 am	All Days	9767213614
Wellness With Pranayama	10:00 to 11:00 pm	All Days	9767213614
Yoga for seniors	7:00 to 8:00 am	Mon- Sat	9422095112
Cancer warriors - pranayama and Meditation	7:30 to 8:30 pm	All Days	9767213614