



University of Mumbai



KAIVALYADHAMA
Where Yoga tradition and Science meet



International Day of Yoga 2020

“Yoga for young minds”



11th to 20th June 2020

8.00 a.m. to 10.00 a.m. Yoga Intern Training

A 20-hour training program, 10 theory and 10 practical focused at students.

11.00 a.m . to 11.30 a.m. Curated Programs focused on youth

live on Kaivalyadhama channel in YouTube

21st June 2020

8.00 a.m. to 9.00 a.m.

please register at

www.kdham.com