



## APRIL 2026 – SESSION CALENDAR

✦ Prameet Kotak | Transformative Breathwork Sessions

### ◆ Week 1

#### 2 Apr (Thu) – Traditional Thursdays

🕒 6:00 PM IST | K-Dham

🔗 <https://form.jotform.com/252732876537468>

🌐 Session Timings: AU Sydney 12:30 AM (+1, 3 Apr) • AU AWST 8:30 PM • SG Singapore 8:30 PM • IN India 6:00 PM • SE Sweden 4:30 PM • FR France 4:30 PM • GB UK 3:30 PM

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#### 4 Apr (Sat) – Energy Saturdays

🕒 12:30 PM IST | Prameet Kotak

🔗 <https://prameetkotak.com/upcoming-sessions/>

🌐 Session Timings: AU Sydney 6:00 PM • AU AWST 3:00 PM • SG Singapore 3:00 PM • IN India 12:30 PM • SE Sweden 11:00 AM • FR France 11:00 AM • GB UK 10:00 AM

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### ◆ Week 2

#### 5 Apr (Sun) – Sleep Sundays (3 Platforms)

🌐 Session Timings: AU Sydney 2:30 AM (+1, 6 Apr) • AU AWST 11:30 PM • SG Singapore 11:30 PM • IN India 9:00 PM • SE Sweden 7:30 PM • FR France 7:30 PM • GB UK 6:30 PM

Platforms:


🔗 Prameet Kotak – <https://prameetkotak.com/upcoming-sessions/>

[🔗 Soul Sensei – https://www.soulsensei.in/course/breathe-with-prameet-recharge-and-relieve-stress](https://www.soulsensei.in/course/breathe-with-prameet-recharge-and-relieve-stress)


[🔗 K-Dham – https://kdham.com/online-yoga-classes/sleep-sundays-with-kaivalyadhama/](https://kdham.com/online-yoga-classes/sleep-sundays-with-kaivalyadhama/)

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### **7 Apr (Tue) – Soul Tuesdays**


 1:00 PM AWST

[🔗 Prameet Kotak – https://prameetkotak.com/upcoming-sessions/](https://prameetkotak.com/upcoming-sessions/)


 Session Timings: AU Sydney 3:00 PM • AU AWST 1:00 PM • SG Singapore 1:00 PM • IN India 10:30 AM • SE Sweden 7:00 AM • FR France 7:00 AM • GB UK 6:00 AM

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### **9 Apr (Thu) – Traditional Thursdays**

 6:00 PM IST | K-Dham

[🔗 https://form.jotform.com/252732876537468](https://form.jotform.com/252732876537468)


 Session Timings: AU Sydney 11:30 PM • AU AWST 8:30 PM • SG Singapore 8:30 PM • IN India 6:00 PM • SE Sweden 4:30 PM • FR France 4:30 PM • GB UK 3:30 PM

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### **11 Apr (Sat) – Energy Saturdays**

 12:30 PM IST | Prameet Kotak

[🔗 https://prameetkotak.com/upcoming-sessions/](https://prameetkotak.com/upcoming-sessions/)

 Session Timings: AU Sydney 5:00 PM • AU AWST 3:00 PM • SG Singapore 3:00 PM • IN India 12:30 PM • SE Sweden 11:00 AM • FR France 11:00 AM • GB UK 10:00 AM

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◆ **Week 3**

12 Apr (Sun) – Sleep Sundays (2 Platforms)

🌐 Session Timings: AU Sydney 2:30 AM (+1, 13 Apr) • AU AWST 11:30 PM • SG Singapore 11:30 PM • IN India 9:00 PM • SE Sweden 7:30 PM • FR France 7:30 PM • GB UK 6:30 PM

Platforms:

🔗 Prameet Kotak – <https://prameetkotak.com/upcoming-sessions/>

🔗 K-Dham – <https://kdham.com/online-yoga-classes/sleep-sundays-with-kaivalyadhama/>

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**14 Apr (Tue) – Soul Tuesdays**

🕒 1:00 PM AWST

🔗 Prameet Kotak – <https://prameetkotak.com/upcoming-sessions/>

🌐 Session Timings: AU Sydney 3:00 PM • AU AWST 1:00 PM • SG Singapore 1:00 PM • IN India 10:30 AM • SE Sweden 7:00 AM • FR France 7:00 AM • GB UK 6:00 AM

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**16 Apr (Thu) – Traditional Thursdays**

🕒 6:00 PM IST | K-Dham

🔗 <https://form.jotform.com/252732876537468>

🌐 Session Timings: AU Sydney 11:30 PM • AU AWST 8:30 PM • SG Singapore 8:30 PM • IN India 6:00 PM • SE Sweden 4:30 PM • FR France 4:30 PM • GB UK 3:30 PM

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17 Apr (Fri) – 🌑 Amavasya Special Session

🕒 9:00 PM IST | Prameet Kotak

<https://prameetkotak.com/upcoming-sessions/>

🌐 Session Timings: AU Sydney 2:30 AM (+1, 18 Apr) • AU AWST 11:30 PM • SG Singapore 11:30 PM • IN India 9:00 PM • SE Sweden 7:30 PM • FR France 7:30 PM • GB UK 6:30 PM

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### **18 Apr (Sat) – Energy Saturdays**

🕒 12:30 PM IST | Prameet Kotak

<https://prameetkotak.com/upcoming-sessions/>

🌐 Session Timings: AU Sydney 5:00 PM • AU AWST 3:00 PM • SG Singapore 3:00 PM • IN India 12:30 PM • SE Sweden 11:00 AM • FR France 11:00 AM • GB UK 10:00 AM

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### **Week 4**

### **19 Apr (Sun) – Sleep Sundays (3 Platforms)**

🌐 Session Timings: AU Sydney 2:30 AM (+1, 20 Apr) • AU AWST 11:30 PM • SG Singapore 11:30 PM • IN India 9:00 PM • SE Sweden 7:30 PM • FR France 7:30 PM • GB UK 6:30 PM

Platforms:

[Prameet Kotak – https://prameetkotak.com/upcoming-sessions/](https://prameetkotak.com/upcoming-sessions/)

[Soul Sensei – https://www.soulsensei.in/course/breathe-with-prameet-recharge-and-relieve-stress](https://www.soulsensei.in/course/breathe-with-prameet-recharge-and-relieve-stress)

[K-Dham – https://kdham.com/online-yoga-classes/sleep-sundays-with-kaivalyadhama/](https://kdham.com/online-yoga-classes/sleep-sundays-with-kaivalyadhama/)

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### **21 Apr (Tue) – Soul Tuesdays**

🕒 1:00 PM AWST

[Prameet Kotak – https://prameetkotak.com/upcoming-sessions/](https://prameetkotak.com/upcoming-sessions/)

🌐 Session Timings: AU Sydney 3:00 PM • AU AWST 1:00 PM • SG Singapore 1:00 PM • IN India 10:30 AM • SE Sweden 7:00 AM • FR France 7:00 AM • GB UK 6:00 AM

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### **23 Apr (Thu) – Traditional Thursdays**

🕒 6:00 PM IST | K-Dham

🔗 <https://form.jotform.com/252732876537468>

🌐 Session Timings: AU Sydney 11:30 PM • AU AWST 8:30 PM • SG Singapore 8:30 PM • IN India 6:00 PM • SE Sweden 4:30 PM • FR France 4:30 PM • GB UK 3:30 PM

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### **25 Apr (Sat) – Energy Saturdays**

🕒 12:30 PM IST | Prameet Kotak

🔗 <https://prameetkotak.com/upcoming-sessions/>

🌐 Session Timings: AU Sydney 5:00 PM • AU AWST 3:00 PM • SG Singapore 3:00 PM • IN India 12:30 PM • SE Sweden 11:00 AM • FR France 11:00 AM • GB UK 10:00 AM

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### **◆ Week 5**

### **26 Apr (Sun) – Sleep Sundays (2 Platforms)**

🌐 Session Timings: AU Sydney 2:30 AM (+1, 27 Apr) • AU AWST 11:30 PM • SG Singapore 11:30 PM • IN India 9:00 PM • SE Sweden 7:30 PM • FR France 7:30 PM • GB UK 6:30 PM

Platforms:

🔗 Prameet Kotak – <https://prameetkotak.com/upcoming-sessions/>

🔗 K-Dham – <https://kdham.com/online-yoga-classes/sleep-sundays-with-kaivalyadhama/>

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**28 Apr (Tue) – Soul Tuesdays**

🕒 1:00 PM AWST

🔗 Prameet Kotak – <https://prameetkotak.com/upcoming-sessions/>

🌐 Session Timings: AU Sydney 3:00 PM • AU AWST 1:00 PM • SG Singapore 1:00 PM • IN India 10:30 AM • SE Sweden 7:00 AM • FR France 7:00 AM • GB UK 6:00 AM

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**30 Apr (Thu) – Traditional Thursdays**

🕒 6:00 PM IST | K-Dham

🔗 <https://form.jotform.com/252732876537468>

🌐 Session Timings: AU Sydney 11:30 PM • AU AWST 8:30 PM • SG Singapore 8:30 PM • IN India 6:00 PM • SE Sweden 4:30 PM • FR France 4:30 PM • GB UK 3:30 PM

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