

## 7 Days Natural Health Camp

# Lonavala Camp

» Join us, for an immersive education about Natural Health Science to initiate a healthy living !



## Camp Information

<b>Camp Date</b> Feb 22, 2026	<b>Duration</b> 7 Days camp	<b>Camp Location</b> Anjanvel Agro Tourism, Shilimb, near Lonavala
<b>Category</b> Natural Health Camp	<b>Phone</b> +919322132648	<b>URL</b> <a href="https://forms.gle/Mobj1hoga2EXrUU58">https://forms.gle/Mobj1hoga2EXrUU58</a>

## What's Included?

Our camps consist of beautiful natural sceneries, all costs such as stay, meals, classes, guides, etc. You will experience activities that will help your body heal itself.

- Yoga improves strength, balance and flexibility.
- Pranayama improves lung capacity and oxygenation of the blood
- Exercise improves blood flow and strength
- Tona keeps your colon toned
- Delicious meals prepared fresh and eaten in good company

BOOKINGS DONE →

BEFORE

BEFORE

AFTER

ROOM TYPE	18 Jan	01 Feb	01 Feb
Budget (dormitory)	₹ 26K	₹ 27K	₹ 28K
Deluxe (2-3 sharing)	₹ 32K	₹ 33K	₹ 34K
Premium (2-3 sharing)	₹ 38K	₹ 39K	₹ 40K

## About The Hosts



Natural Health

### Vandana Ahuja

Health Coach, Camp Counselor,  
Tutor



Natural Health

### Seema Manikoth

Certified Dietitian, Health Coach,  
Camp Counselor, Tutor



Natural Health

### Sandeep Kr. Singh

A Catalyst for Regenerative Living -  
Health Coach, Camp Counselor