

6 DAYS NATURAL HEALTH CAMP

Natural Health Science - Pollachi

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□ CAMP DATE

Mar 26, 2026

□ CAMP LOCATION

**Sadhana Forms, or GGB Thottam
Pollachi**

Date: Mar 26, 2026 – Mar 31, 2026

Category: Natural Health Camp

Duration: 6 Days camp

Phone: 9585198135

What's Included?

Basic Course to Initiate a Healthy Living

- Philosophy and Tenets
- Health Indicators and Fivefold Food
- Unity Theory: Cause of Disease, Health, Treatment, and Medicine
- Vital Economy
- Therapies: Solar, Hydrotherapy, Yoga, Pranayama, and Fasting

- Preparation of tasty and healthy foods

Type: Farm Stay

Address: Sadhana Forms, aka GGB (Previously called Royal Thotam), S.F No:9 / 17, Zameen Kaliapuram PO, Pollachi, Tamil Nadu, India, 642110

Air Travel Options: Coimbatore Airport is the nearest and is about 43 kms away

Nearest Cities: Pollachi, Coimbatore, Palakkad

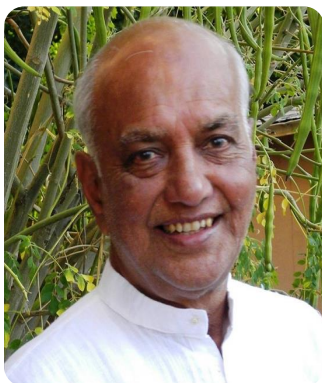
What To Bring :

- Torch, Umbrella
- Bedspreads, Bedsheet, Air Pillow
- Yoga Mat, Light, Loose-fitting dresses for Yoga – Salwars or Track Pants, Modest dress for class.
- Suitable Footwear for Walking / Jogging for the rainy season
- A small towel and a regular-sized towel for therapy
- 2 Cotton Bath Towels
- Water bottle for your own use
- Knife, peeler, or grater, if you wish to participate in cooking
- Chargers for your Phones
- During therapy sessions, we have common thermometers that would be used across participants. In case you would like to have one for yourself privately, kindly bring your own thermometer.
- Please note that the day temperatures are expected to be close to 40 degrees Celsius and nighttime temperatures close to 23 degrees Celsius. Do bring the right type of clothing to keep you comfortable during your stay

What To Avoid :

- Outside or Packed Food
- Chemical-Based Cosmetics, Soaps, Shampoos
- Plastic Covers, Plastic Containers (Can be used and taken back by participants)
- Synthetic or Plastic-based Diapers
- Synthetic or Plastic-based Sanitary Napkins

About The Hosts



Admin, Health Coach

Dr. Arun Sharma



Camp Host

Ananth Srinivasan

Camp%20Teacher