

6 DAYS NATURAL HEALTH CAMP

# Nature Cure Level 1 Basic Course

» English / Tamil Camp



□ CAMP DATE

**Sep 25, 2026**

□ CAMP LOCATION

**Sadhana Forms , Pollachi**

**Date:** Sep 25, 2026 – Sep 30, 2026

**Category:**

**Duration:** 6 Days camp

**Phone:** +919585198135

## What's Included?

Syllabus:

- Nature – Basic Understanding
- Guidelines for Health
- Conservation of Vital Energy
- Unity of Disease and Health
- Five Element Food – Space, Air, Fire, Water & Earth
- Preparation of Tasty and Healthy Foods

- Exercises for Physical and Mental Well-Being

### **Contact & Registration Details**

**Map:** <https://maps.app.goo.gl/JRUHdjFaBRs3TpEa9>

**Mobile / WhatsApp:** +919585198135

## **About The Hosts**

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**Ananth Srinivasan**

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