

6 DAYS NATURAL HEALTH CAMP

Nature Cure Level 1 Basic Course

» English / Tamil Camp



□ CAMP DATE

Dec 25, 2026

□ CAMP LOCATION

Sadhana Forms , Pollachi

Date: Dec 25, 2026 – Dec 30, 2026

Duration: 6 Days camp

Category:

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



Camp Host

Ananth Srinivasan

Camp%20Teacher