



Dhatri Ayurveda's Summer Camp for children

12 Days of Ayurvedic Wisdom, Nature & Discovery

Contact: Jayanthi Raghunath | Ph: 469-222-9040 | friscooayurveda.com

What We Learn at Camp

A 12-day journey into Ayurvedic wisdom for young minds.



Ahara (Mindful Eating)

Understanding your doshas and eating well according to your body type.



Vihara (Healthy Lifestyle)

Live in rhythm with nature each day. Learn about seasonal regimens and changing your lifestyles.



Nidra (Restful Sleep)

Rest deeply and wake refreshed.



Self-Restraint (Brahmacharya)

Build focus, discipline, and inner strength.



Study of Herbs

Discover plants with healing power.

Hands-On Experiences

Learning by doing — the Ayurvedic way, making each lesson an adventure!



Explore a Herbal Garden

Children will embark on a fascinating journey through a real herbal garden. They'll learn to identify medicinal plants, uncover their ancient uses, and forge a tangible connection with nature's pharmacy.



Craft Ayurvedic Creations

Get ready to dive into the art of ancient remedies! In this fun, hands-on workshop, kids will create their very own natural moisturizer and traditional kaja (kohl), understanding ingredients and processes, and taking home their natural masterpieces.

Age

Ages 10–18

Date

Three Batches Available
June 1–13 | July 6–18 | Aug 3–14

Fee

Fee \$300



Ayurvedic Nutrition for Adults

A Short But Immersive Course

Discover the ancient wisdom of eating right for your body, mind & soul

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Know Your Dosha

Learn your unique body type and what foods truly nourish you



Eat with Awareness

Understand the six tastes, food combinations, and mindful eating



Ignite Your Agni

Boost digestion naturally with Ayurvedic principles and herbs



Common misconceptions and wrong food combinations.

Learn which food pairings harm digestion.

Age

 **High schoolers & Adults**

Date

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