



Panchami Yoga & Nature Cure Centre

"To walk in Nature is to witness a thousand miracles"

Here we are to help you in regaining and improving your health to increase your healing vitality with our ancient based modernised treatments.

These include :

- ❖ Life style modification
- ❖ Diet counseling
- ❖ Therapeutic yoga classes
- ❖ Acupuncture and Acupressure
- ❖ Cupping therapy
- ❖ Physiotherapy
- ❖ Hydrotherapy
- ❖ Detox therapy
- ❖ Massage therapy
- ❖ Various packs and Compresses
(Gastro-hepatic, Kidney & Knee packs)
- ❖ Fasting therapy
- ❖ Yogic Kriyas- Jalanethi, Sutra nethi, Vamana etc
- ❖ Trataka(eye exercises)



📍 Sridhara Sri Gudda, Kodipalya, Kengeri, Bangalore - 560060

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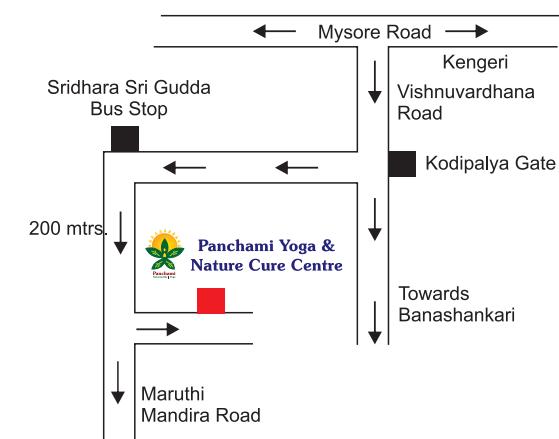
🌐 www.panchaminaturecure.co.in

We take care of :

- ❖ Weight Management
- ❖ Diabetic Management
- ❖ Hypertension Management
- ❖ High Cholesterol Management
- ❖ Migraine , Sinusitis , Insomnia
- ❖ Digestive Disorders
- ❖ Respiratory Problems
- ❖ Skin Diseases
- ❖ Neurological Problems
- ❖ Menstrual Disorders
- ❖ Thyroid Related Problems
- ❖ Pain Management- Back Pain , Knee Pain Etc
- ❖ Stress Related Issues
- ❖ Osteo Arthritis and Rheumatoid Arthritis



Route Map



We offer inpatient based treatment



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