

THREE SEASONS AYURVEDA



Ayurveda & Yoga Retreat

Panchakarma

Manaltheeram Ayurvedic Resort

Kerala, India

October 27th - November 10th, 2024



View from the Restaurant



The Panchakarma Clinic



Manaltheeram Cottages

Panchakarma is the Ayurvedic purification and rejuvenation modality that originated in India and has been practiced for thousands of years. It is done with the change of seasons, when feeling imbalanced or ill, and for rejuvenation. It is a safe and natural process that identifies your inherent nature (constitution) and then uses diet, herbal medicines, and body therapies to rid the body of impurities. Then it introduces therapeutic and rejuvenative practices that restore balance and harmony to the body, mind, and spirit.

Kerala is the home of Ayurveda, where it originated about 5,000 years ago. There are many Panchakarma centers in this area, but my favorite and one of the highest rated is the Manaltheeram Resort and Panchakarma Center (www.manaltheeram.com), located near the southern tip of India, where the Indian Ocean, the Bay of Bengal, and the Arabian Sea all meet.

In the U.S., traditional Panchakarma treatments range from 10 to 28 days, costing \$600 to \$1000 *per day!* Going to India does have the added expense of airfare, but having this procedure done in India is not only very reasonable but is the most authentic and is truly Ayurvedic heaven.

On your arrival to South India, you are picked up at the international airport (TRV) and brought back to the center, where you are checked into your cottage and meet your Ayurvedic doctor, who designs your program and is your daily contact. In addition, I monitor your program and am available to you daily.

Each day, you check in with your doctor and receive two hours of Ayurvedic treatments designed for your health concerns and goals. I teach yoga and pranayama classes based on your therapeutic needs with Ayuryoga rejuvenative and restorative principles. The remainder of your day is for personal time, resting, walks along the coast, sunbathing, swimming in the resort pool, or possibly shopping or sightseeing in Kerala. In the evenings, the resort offers Indian dance and musical programs.

Manaltheeram is a private compound with 60 accommodations. All water on the property is filtered, and all the cottages have tile floors, screened windows, ceiling fans, Western bathrooms with walk-in showers, Wi-Fi service, electronic safes, daily maid service, room service, and laundry service (additional) if needed, and hammocks right outside your door.

The resort restaurant faces the ocean, and once you know your doctor's prescription, you can have your medicinal meals prepared by the kitchen, or you can eat off the vast buffets labeled with which dishes are appropriate for each Dosha and constitution—very cool! Additionally, there is an Ayurvedic doctor in the restaurant during meals for specific questions about your health and foods.

I have found that bringing Ayurveda into my life has addressed specific health concerns and added another layer to my spiritual path, which I urge you to experience. Please join me in the beauty and amazement of India and experience the power of what is considered the original medical system, which predates Chinese, Tibetan, and allopathic medicines.

Typical Daily Schedule:

8 - 9 am: Meditation and Pranayama Class
9 am - 3 pm: Breakfast, Therapies, Lunch, and Free Time
3:00 - 5:00 pm: Asana Class and Ayurvedic Talks
6 - 9 pm: Dinner and Indian Entertainment Programs

~ Retreat Pricing ~

Includes accommodations, Wi-Fi, organic Ayurvedic meals, daily meetings with your Ayurvedic doctor, 2 hours of Ayurvedic treatments, morning meditation and pranayama classes and afternoon yoga class, all herbal medicines and teas, Indian music and entertainment in the evening, Kerala excursion, computer center, international library, and all airport transportation.

Rooms	Cottages	Kerala Houses
<u>10-days</u> Single 2,950 Double 2,550	<u>10-days</u> Single 3,150 Double 2,750	<u>10-days</u> Single 4,150 Double 3,450
<u>14-days</u> Single 3,950 Double 3,500	<u>14-days</u> Single 4,250 Double 3,750	<u>14-days</u> Single 5,450 Double 4,250

Does Not Include Airfare

Payments

\$300 Non-Refundable Deposit to Guarantee Booking
First Payment 50%: By June 1st
Final Payment 50%: By August 1st

Cancellation Policy

Up to July 15th - Full Refund
July 15th - September 15th - 50% Refund
After September 15th - No Refunds

Financial Information & Contact

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Venmo Payments: www.venmo.com/tsayurveda
Zelle: Three Seasons Ayurveda / jeff@tsayurveda.com / 1-310-339-8639
Credit Cards: Additional 5% Bank Service Charge



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage-Marma Therapist and AHG Herbalist, Iyengar Yoga instructor, IAYT and AyurYoga Therapist, Certified Nutritional Practitioner, and Cordon Bleu Chef ~ www.threesesonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com.