

# THREE SEASONS AYURVEDA



## Ayurveda & Yoga Retreat

### *Panchakarma*

Manaltheeram Ayurvedic Resort

Kerala, India

October 25<sup>th</sup> - November 8<sup>th</sup>, 2026

### **Basic Information**

Your Ayurvedic retreat is at one of India's most respected Panchakarma centers. You will be under the daily care of an Ayurvedic medical doctor, and each day, you will have two hours of treatments performed by two therapeutic technicians according to your constitution and current state of health. I will oversee your Ayurvedic program, teaching meditation and pranayama in the mornings and an asana class in the afternoon, based on the therapeutic teachings of B.K.S. Iyengar and Ayurvedic principles.

### **What's Included:**

Transportation from the local airport

Enjoy lovely accommodations with daily maid service, room service, and complimentary Wi-Fi.

All organic vegetarian and vegan meals each day.

All medicines and teas are available during your stay at the center.

Weekly Indian and music program.

Talks on Ayurveda and Yoga philosophy based on your interests.

Daily Meditation, Pranayama, and Asana classes.

A Yoga Prop kit with an airline travel bag.

A group Excursion

### **What's NOT Included:**

Airfare

Travel Insurance is **"highly recommended."**

Tips at the end of your stay

Purchases at the resort gift shop or pharmacy

Room service and phone charges

Additional outings in Kerala

### **Contact Information:**

#### **Three Seasons Ayurveda**

Jeff Perlman

1033 3rd St. #309

Santa Monica, California 90403

[www.threeseasonsayurveda.com](http://www.threeseasonsayurveda.com)

[jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)

310-339-8639

### **Payment Choices:**

Send Checks to the address above.

No Charge Transfer: Venmo: [www.venmo.com/tsayurveda](https://www.venmo.com/tsayurveda)

No Charge Transfer: Zelle: Three Seasons Ayurveda or 310-339-8639

Credit Card Payments: An Additional 4% bank charge

## **Retreat Pricing:**



### **Garden Cottages**

*Per Person*

Single 4,425

Double 3,825

## **Payment Plan Available**

\$500 Deposit

First Payment 50%- By May 1st

Final Payment 50%- By July 1st

## **Cancellation Policy:**

Up to July 1st - Full Refund

July 1st - September 1st - 50% Refund

After September 1st - No Refunds

## **Necessary Travel Documents for India**

Your passport **MUST** be good for six months after completing this trip.

You **MUST** also have a visa to travel to India.

## **EXTREMELY IMPORTANT WHEN FILLING OUT YOUR APPLICATIONS:**

1. When applying, make sure that you state that you are a ***TOURIST***.
2. List your ***exact name*** as it appears on your passport, including your middle name.

## **Address & Location of the Resort in Kerala, India**

### **Manaltheeram Ayurveda Beach Resort**

Contact Person: Chithra

Chowara P.O., South of Kovalam

Trivandrum 695501

Kerala, South India

91-4712266222

## **Airline Information**

There are many options for getting to India, but ultimately, you must get to Thiruvananthapuram International Airport, "**TRV.**" If you have not traveled in India before your retreat, consider the airlines below for the most direct flights.

**Emirates** <https://www.emirates.com/us/english/>

**Qatar** <https://www.qatarairways.com/en-us/homepage.html>

**Singapore** ([https://www.singaporeair.com/en\\_UK/us/home#/book/bookflight](https://www.singaporeair.com/en_UK/us/home#/book/bookflight))

When booking a ticket to India, remember there is a time /day change, and you lose a day going but make it up on the way back. Please talk to me before booking to ensure you arrive and depart on time.

## **Travel Insurance**

It is **HIGHLY** recommended that you purchase travel insurance in case of emergencies or changes in plans. You can find many companies to choose from, but below are two that are highly rated:

### **Alliance Insurance**

<https://www.allianztravelinsurance.com/?data1=4842641>

### **Travelex**

<https://www.travelexinsurance.com/homepage>

## **Visa Information**

If you have a foreign passport, please check the special requirements for your country of origin when applying for a Visa. Some countries DO NOT allow E-Visas issued in the USA.

Getting a visa can sometimes seem complicated when dealing with the Indian bureaucracy; below is all the information you will need for this process.

### **Option #1 (EVisa)**

Currently, the Indian government offers EVisas for 30 days, 1 year, or 5 years. These are gotten online and can be applied for within 30 days before you need them. This is the most cost-effective way to get your Visa, but maneuvering online will take longer. The online portal to start this process is <https://indianvisaonline.gov.in/evisa/tvoa.html>, and you will find a button that says “click here to apply for EVisa. I suggest you first look at the sample document button and ensure you have all your information. This cost is \$25-80, depending on your application length.

### **Option #2 (Using a Service)**

You can hire a company to handle this for you. This is nice if you want to avoid spending time and speak with someone live at any time. Many companies handle your passport and visa needs, but you will pay a handling fee of over \$200. The company I would go to is Travisa at <https://www.travisa.com>, and their phone is 877-876-3266

## **Tour Company and Guide in India**

If you want to arrange extra travel within India, I suggest the following company and gentleman. Most destinations in India are accessible from New Delhi or Mumbai. Deepak is located in New Delhi and is very reputable. It can help arrange and book travel and tours.

### **Sudarshan India Tours**

Deepak Kiran Sharma

[sudarshanindiatour@gmail.com](mailto:sudarshanindiatour@gmail.com)

<http://sudarshanindiatour.com>

91-9758405056

## **Immunizations**

Your best bet is to check with your medical doctor and the CDC, but the resort we are staying at does NOT recommend any immunizations. The first time I visited India, I updated my immunizations per the doctor's suggestion, but I have never taken anything more than a probiotic daily.

Below is a link for the Centers for Disease Control and Prevention:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>



Jeff Perlman is a Clinical Ayurvedic Specialist, Certified Massage, Marma, Sound, and Aroma Therapist, and Registered Clinical AHG Herbalist. He is certified by the International Iyengar Yoga Association, the International Association of Yoga Therapists, and the National Ayurvedic Medical Association as a Yoga Therapist and is a Cordon Bleu-Holistic Chef. ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~