

THREE SEASONS AYURVEDA



The Ayurveda and yoga retreat organized by Jeff Perlman in Kerala, India, at the Manaltheeram Ayurveda Resort was a truly magical experience. Jeff is an excellent program host; he had everything well organized and planned from day one. Traveling halfway around the world to do a 14-day panchakarma program is a giant leap. Still, in Jeff's capable and experienced hands, the retreat experience was easy, connected, and supportive for all attendees. If you desire a transformative experience, I highly recommend Jeff's Ayurveda retreat program at Manaltheeram. **El 2024**

I recently went with Jeff Perlman of Three Seasons Ayurveda to Manaltheeram Beach Village in Kerala, India. The retreat was two weeks and well worth every minute. The staff are so welcoming and attentive, even when you arrive at 3 am in a rainstorm. They are always ready to help with any possible need. The resort is pristine on the Arabian Sea, and the cottages are very comfortable and have modern amenities. The FOOD is fabulous and prepared for your Dosha to facilitate balancing your Prakriti. They even have desserts at times.

Jeff organizes everything to make this all come together. He has chosen a lovely spot for the treatments you seek, and the doctors are well-versed in the panchakarma experience. It was thoroughly monitored and controlled. I always felt supported and with guidance before/during, or after the process. The Ayurvedic team's treatments help prepare and strengthen one for an easy panchakarma transition. They know their stuff.

Jeff's pranayama and yoga practices were also very valuable and aided in this transition through panchakarma. All in all, it was a very pampered and relaxing 14 days. I returned home ready to plan for it again. Thank you, Jeff, 💜 **Lalanne 2024**

This is my second trip with Jeff to Manaltheeram, which has won the best Ayurvedic retreat in India six times. You'll stay in a charming and well-appointed cottage on the Arabian Ocean. The doctors and therapists are kind and loving; kindness is a trademark in Kerala and has a healing quality.

Jeff is a fantastic guide because he is detail-oriented about flight times, schedules, and specific needs and wants. Moreover, he is a doctor of Ayurvedic medicine, so he can answer any questions and is attentive and responsive. The dining hall is netted in but otherwise open to the Arabian Sea, and I loved the quality and variety of buffet-style meals. I do recommend this trip, as demonstrated by a repeat customer! **Mia 2024**

This retreat was exactly what I needed. I loved being part of the community, having time to focus on practice, and exploring a new place. The Ayurvedic Hospital could not have been more accommodating. Everyone was so sweet, truly listened, and gave me appropriate treatments. Jeff's teaching was crisp and always applicable to the students' emotions. I would go back in a heartbeat. **Valerie 2024**

My recent Ayurveda and Yoga retreat with Jeff Perlman couldn't have been more spectacular. From the moment I was interested until we all landed back in the States, Jeff was there every step of the way, and on arrival, we were greeted at the airport by a staff member from Manaltheeram. The accommodations are more than comfortable, with filtered water, daily housekeeping & laundry, AC, and WIFI. I've enjoyed Jeff's Yoga, Ayurveda, and Pranayama instruction since I moved to LA in 2016. When I heard about the retreat, the dates, and all it entailed... it was a no-brainer. He even took the time to help me book my flights. It was everything I had hoped for and so much more. A typical day was:

- 1- 6 am: wake up before sunrise and eat a light breakfast at 7 am when the restaurant opens.
- 2- 7:30 was a 75-minute Pranayama/Restorative practice.
- 3- My treatment time was 3- 9:30. I loved my therapists and doctors. They always greeted me with a smile and a glass of water. My concerns were addressed, and all my needs were met.
- 4- The three daily meals were delicious and included something for everyone. The kitchen staff catered to everyone's dietary needs and was always eager to serve and please.
- 5- Our Yoga class was in the afternoon, which allowed us to rest before and after dinner. If you miss a meal, you can always order room service.
- 6- For most of us, it was light out by 9 pm, and then we woke up and did it all over again. **Lilia 2024**

The India retreat was a phenomenal experience. The resort is beautiful, right on a stunning Arabian Sea beach. The doctors and therapists were insightful and very helpful. I came with a complicated autoimmune condition and have returned home with a new sense of well-being, a profound reset both physically and spiritually. Jeff is a wonderful host and guide; his yoga classes were highly personalized and beneficial, and the pranayama instruction was excellent. I recommend this experience; it is a special opportunity to experience Ayurveda and all it has to offer in a magnificent setting. **Dr. Girard 2022**

I highly recommend the Kerala Ayurvedic retreat with Jeff Perlman. The retreat center is gorgeous on the Arabian Sea, with lovely, very comfortable, clean, and modern cottages. Jeff is such a trustworthy guide- He's organized, knowledgeable, and available. The treatments, food, and atmosphere at Manaltheeram are perfect! The retreat center has won the best Ayurvedic center in India six or seven times. I loved learning aspects of Ayurveda, yoga, and pranayama from Jeff. This was one of my most rejuvenative, healing, and restorative trips I have ever been on. **Mia Wigmore 2022**

Going to India with Jeff was an amazing experience, staying in this incredible beachfront resort and being cared for by Jeff and the staff, doctors, and therapists. I had studied yoga with Jeff for quite a while and learned about Ayurveda from him, but I never understood the depth of health rejuvenation I would experience it there. I trusted Jeff completely and thank him for the push to come and address my health conditions at the home of Ayurveda; huge thumbs up. **JC 2022**

The Kerala retreat at the Manaltheeram Resort was such a wonderful experience. I did the 10-day Rejuvenation Package and felt refreshed after 10 days. Jeff's program at the retreat is a total balance of mind, body, and spirit, combining Ayurveda with daily meditation, Pranayama, and Iyengar yoga. I have been practicing yoga for some time; however, Ayurveda is new. Through the experience at the retreat and Through Jeff's teachings, I got a basic understanding of Ayurvedic principles, which I now incorporate into my everyday life. During the trip, Jeff was available to answer any questions. At the retreat, Jeff took care of us, ensuring all of our needs were met, and was always available to help however he could. Thank you, Jeff, for being so accommodating. Jeff is amazing and does a fantastic job organizing this life-changing trip. I highly recommend going on this retreat with Jeff as a guide, instructor, and organizer. **Daphne V 2019**

My husband and I had the great pleasure of attending an Iyengar Yoga Retreat in Kerala, India, organized by Jeff Perlman. You know you are in good hands with Jeff, who has been to the Manaltheeram Ayurvedic Group many times. He chose this wonderful seaside resort to practice daily Pranayama and Yoga. His knowledge and passion for Iyengar Yoga and an Ayurvedic lifestyle are always present in his teachings and talks. The retreat aims to rejuvenate the mind, body, and emotions. We are so grateful for this unique experience and look forward to returning with Jeff. **Vivian & John L 2019**

Kerala is a magical place! Jeff is extremely knowledgeable and has chosen an amazing place for his retreats. I went in with no regular meditation, pranayama, or yoga practice. No experience with Ayurveda, and only a little bit of knowledge that Jeff had shared before the trip. I returned committed to daily meditation and breathing practice, and excited to explore the world of Yoga more. Jeff is helpful every step of the way and open to all questions. I learned so much about Ayurveda and I. This retreat was the perfect reset, and I am grateful to Jeff, to the great group on the retreat with me, and for the opportunity to experience all of it. **Karen E 2019**

"Going to India with Jeff was stress-free and hassle-free but fun! I learned a lot about myself and how to adopt an Ayurvedic lifestyle. I was extremely impressed by the accommodations. And, delighted by the friendliness and attentiveness of the staff who work in the resort. The Ayurvedic doctors were very knowledgeable. The food and Ayurvedic treatments were exquisite! I felt incredibly rested and renewed after it all. Jeff provided an interesting and in-depth introduction to yoga, meditation, and pranayama. It was one of the most fun learning experiences I have ever had! His daily classes were a great combination of Ayurvedic treatments. This is a retreat I would attend again and again!

Brigitte H 2019

Wow, what can I say? Traveling to India with Jeff was a dream come true for me. I first met Jeff in an Iyengar Yoga class about 5 years ago, and then went to an introductory class on Ayurveda, which blew my mind about bringing Ayurvedic practices into my life. I also went to some Ayurvedic cooking classes with Jeff and decided it was time to go to Kerala in 2019. I could not believe how beautiful India was; the Ayurvedic center was so magical. I had a lovely cottage and could hear the waves in my room, and each day I had two therapists administer two hours of ayurvedic treatments to me, and

the yoga classes were so informative. The food was so excellent, and I would recommend this outing and Jeff to everyone. **Patricia S, 2018**

My yoga retreat in Kerala, India, with Jeff Pearlman was the best gift I have ever given myself. For 10 days I was pampered, refreshed, and renewed in body and soul. Daily meditation and breathing set the tone of each day, followed by two hours of treatments prescribed by my individually assigned Ayurvedic Doctor. The doctor prescribed daily massages with warm oils, milk, and reviving facials according to my needs. My body was refreshed by the huge vegetarian buffet, labeled by each dosha, so it was easy to select foods that benefited my determined constitution. Two hours of daily yoga led by Jeff Pearlman strengthened and stretched my body. Dinner was usually al fresco, with daily entertainment featuring dance and music from India. I highly recommend giving yourself this beautiful gift of total renewal. **Angelia M 2018**

“Jeff Perlman was a great guide to this Ayurvedic adventure. He brought us to a tropical paradise filled with sensory delights, where all our needs were attended to. He struck a perfect balance of being available when we needed him and not intruding on our individual experiences when we wanted our space. He provided information as we needed it—about Ayurveda, yoga, the Kerala region, and things to do there. He did his best to make sure each of us had a memorable and satisfying experience. **Terry W 2017**

I attended the 14-day PK program with Jeff in 2017. It was the best decision I had ever made. Before attending the retreat, I had many issues with constipation, anxiety, anger, and general frustration. The retreat provided me with a sense of well-being, and the care and love I received from the center, the Ayurvedic hospital, the staff, and the physicians were wonderful. The yoga and pranayama that Jeff provided a balance, and it was well thought out. It was different every day, and Jeff was very in-tune With all of us, and the self-care he offered us was excellent. Since arriving back home, I have retained a lot of the balance I received while in India. **Tara M 2017**

Traveling to India with Jeff was a truly unique and enriching experience. After a two-week stay in a beautiful beach setting facing the Arabian Sea, I returned home feeling totally renovated and strong, both physically and emotionally. Having pranayama and yoga classes every day under Jeff's guidance and care is just what I needed, and it perfectly complemented the Panchakarma treatments we received at the clinic. Every day, under the care of an Ayurveda doctor, we received a series of treatments that, little by little, started showing positive effects on my system. All staff members at the clinic were super professional and friendly. Sharing quality time with others in the group was a wonderful experience, and I will definitely want to repeat it in the future. **Luis C 2017**

The trip with Jeff to Kerala, India in November 2017 was magical. The location Manaltheeram was Beautiful, and the Ayurvedic doctors, staff, and treatments were very comprehensive. Jeff is an impeccable host and was so well prepared, from his Yoga Asana and Pranayama classes to organizing outings and being available to describe each of our Ayurvedic treatments; he was always accessible and informative. I would do it again in a heartbeat and fret the two-week retreat, I

felt so rested and healthy - it was well worth it. **Affi B 2017**

I have traveled to Kerala, India, with Jeff to study Iyengar Yoga, pranayama, and even Hindu Yoga philosophy. His depth of knowledge on these subjects is incredible and easy to understand. My study of pranayama and Iyengar Yoga has continued with him here in Los Angeles. I also use Three Seasons Ayurveda products every day. The Nasya Oils and Swishing Oil have become a part of my morning rituals. The Nasya Oil has improved my pranayama practice. It has cleared my nasal passages tremendously. I am happier because the extra oxygen is reaching my brain. I trust his expertise in Ayurvedic treatments. And would recommend him to anyone wanting a holistic approach to health, beauty, and wellness. **Brigitte Hardine 2017**