

THREE SEASONS AYURVEDA



Jeff studied nutrition in college before attending the Cordon Bleu, working in Europe for two years, and went on to work as a professional chef for 15 years. He began his exploration and studies of yoga in 1998 due to stress from a high-powered restaurant career and an injury running the New York City marathon. Wanting to shift his focus inward, Jeff enrolled in the BKS Iyengar teacher training program and has taught since 2007. He has studied therapeutics with the Iyengar family in Pune, India, for three semesters and is a Certified Iyengar instructor and IAYT & AyurYoga Therapist.

From his yogic studies and culinary background, he developed an interest in Ayurveda and graduated from the California College of Ayurveda as a Clinical Ayurvedic and Panchakarma therapist. He studied Panchakarma, Marma, Sound, and Color therapies with Dr. Ladd in New Mexico and India. Jeff is Certified as a Professional Member of the National Ayurvedic Medical Association and is a registered clinical AHG Herbalist.

Three Seasons Ayurveda is a Holistic medical practice in Santa Monica, offering a full range of services, including Ayurvedic, nutritional, and Panchakarma programs, Ayurvedic body, Marma, therapies, private yoga therapy, holistic cooking programs, and has a fully licensed herbal pharmacy.

Culinary Background

Along Came Mary Productions, Executive Chef
Maple Drive Restaurant, Executive Chef
Restaurant Muse, Executive Chef/Partner
Sony Studio, Executive Chef
Cambria Restaurant, Chef-Owner
Beverly Prescott Hotel, Executive Chef
Restaurant Campanile, Sous Chef
Granita Restaurant, Pastry Chef
Chez Panisse, Apprentice, Berkeley
Auberge d' Ergal, Apprentice, France

Culinary Teaching Experience

Culinary Institute, Napa Valley, 1985
Art Institute, Los Angeles, 1995
Sur La Table, Los Angeles, 2010
Rancho la Puerta, Tacate, Mexico 2014
The Oaks of Ojai 2015
Refugio Kitchen of Paso Robles 2016
The Gourmandise Cooking School 2018

Ayurveda and Culinary Publishing

The Ayurvedic Experience
LA Yoga Magazine
Huffington Post

Herbal Development Projects

Healix Heals, Santa Monica
5-day Fix, Newfoundland
The Hall Center, Santa Monica

Ayurveda & Yoga Instruction

Iyengar Yoga Institute, Los Angeles
Yoga Works, Los Angeles
The Jonathan Clubs, Los Angeles
Santa Monica Yoga, Santa Monica
Bhakti Yoga Shala, Santa Monica
Sivananda Los Angeles, Marina Del Rey
Live Yoga Wellness, Los Angeles
Rancho la Puerta, Tacate, Mexico
The Oaks, Ojai

Education & Certification

Santa Monica College, General Education & Nutrition, 1974
American Culinary Federation Degree, Cordon Bleu, San Francisco 1992
Advanced Pastry Degree, Lenotre Patisserie Ecole, Paris 1992
Stagiare, Auberge D' Ergal, Jours-Pontchartrain, France 1992-93
Advanced Asian Cuisine Certificate, Culinary Institute of America, Napa Valley, 2004
Three-Year Teacher Training Program, BKS Iyengar Institute, Los Angeles, 2007
Ayurvedic Health Educator's Certificate, California College of Ayurveda, Nevada City, Ca. 2008
500-Hour Teacher Training Certificate, Yoga Alliance, 2008
Pulse Diagnosis Certificate, Ayurvedic Institute, New Mexico, 2009
Ayurvedic Health Practitioner Certificate, California College of Ayurveda, Nevada City, Ca. 2009
Ayurvedic Body Therapy Certificate, California College of Ayurveda, Nevada City, Ca. 2009
Clinical Ayurvedic Specialist, California College of Ayurveda, Nevada City, Ca. 2010
Panchakarma Specialist, California College of Ayurveda, Nevada City, Ca. 2010
Certified Massage Therapist, California Massage Therapy Council 2010
Certified Marma Therapist Certificate, Ayurvedic Institute, New Mexico, 2011
Professional Member of National Ayurvedic Medical Association 2010
Certified Iyengar Yoga Instructor (CIYT), Junior Level Certificate, 2011
Yoga Therapeutics Training, "Ramamani Iyengar Yoga Institute" Pune, India 2007/2009/2011
Panchakarma Apprentice, Somatherram Ayurvedic Hospital, Kerala, India, 2012
Himalayan Singing Bowl Certificate, Himalayan Singing Bowl Centre, Boudha Stupa, Nepal, 2012
International Integrative Herbal Certification 2013
Advanced Ayurvedic Body Therapy Certification, California College of Ayurveda, Nevada City 2013
Iyengar Yoga Therapeutics Apprenticeship, Los Angeles 2013-2014
Ayuryoga Training Program, Ayurvedic Institute, New Mexico 2014
Pranayama Teachers Intensive, Iyengar Institute, Pune, India 2015
Yoga Alliance Continued Education Provider, 2016
Certified Yoga Therapist, International Association of Yoga Therapists (IAYT), 2017
Certified Ayurvedic Yoga Therapist (AYT), National Ayurvedic Medical Association, 2018
Registered Clinical Herbalist, American Herbalist Guild, 2018