

THREE SEASONS AYURVEDA



YOGA PROPS

KERALA RETREAT 2026



Yoga and Ayurveda are sister sciences first mentioned in the Vedas (India's original documents) around 3500 BC. Patanjali documented the practice of yoga around 400 BC in the Yoga Sutras, which define the eight limbs (steps) of yoga, including asana (postures), pranayama (controlled breathing), and meditation.

Yoga, pranayama, and meditation are therapies/practices used in the Panchakarma process that facilitate the cleansing and rejuvenation of the body, mind, and spirit. During our retreat, two daily classes (a morning pranayama and an afternoon yoga asana) will be based on BKS Iyengar's teachings. He developed most of the props you use in yoga today, which are used therapeutically to bring alignment, precision, rejuvenation, and presence.

Included in the price of your retreat is a Yoga Prop kit, which includes blankets, blocks, and a belt, and a carry-on case that can be checked on your return flight.



Manaltheeram does have some yoga mats, but they are communal, so if you want your own, you must bring one from home (below is an Amazon link to a travel mat I use), or I can have a sticky mat waiting for you for \$45.

If you want me to arrange a mat for you, let me know by August 15th

Jade Travel Yoga Mat



https://www.amazon.com/Jade-68-Inch-8-Inch-Travel-Yoga/dp/B001AOK00K/ref=sr_1_24?crid=51RVK29K7895&dib=eyJ2IjojMSJ9.qZe2AVkTDphgRm2pFMVluYqk5ApLr8phXsZO_BYo66NRuy7smR9JikpAFtLXnWRiPOjKqu8Z82wH27UbONe7JCitaNyMY4jAE2SKkeYtYOe_I TnOkDsiImGMo7_rSRVX313kefMG77iJWkNxlSbBkMRU2d5etA9RH3-23AZ9b6gc-FLZe9r6KsVKg_SUG46nMAbYKyH_VeVi3Gd9k-OIWogwXs_ePSZ7H65puYfVYdZGZJWOhEA5g25KdCjZrB1q-B-6Pe4RsVVAkllSv7EXxJW16J-ZAAA7ZrgBX5dcZ4.4yfZ1kEybPoJHGicHYxBMmNYJWMPg84npP5w2ycoYoI&dib_tag=se&keywords=jade%2Bmat&qid=1763728591&sprefix=jade%2Bmat%2Caps%2C220&sr=8-24&th=1



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 ~