

THREE SEASONS AYURVEDA



Testimonials

The Kerala retreat at the Manaltheeram Resort was such a wonderful experience. I did the 10-day Rejuvenation Package and definitely 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 very new to me. Through the experience at the retreat, as well as through Jeff's teachings, I was able to get a basic understanding of Ayurvedic principles which I now incorporate into to my everyday life. Leading up to the trip, Jeff made himself available for any and all questions related to the trip. At the retreat, Jeff really took care of us making sure all of our needs were met and always available to help however he could. Thank you, Jeff, for being so accommodating. Jeff is amazing and does such a fantastic job in organizing this life-changing trip. I highly recommend going on this retreat and 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 at rejuvenating the mental, physical and emotional self. We are so grateful for this unique experience and look forward to returning with Jeff for a future retreat.- **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 came back committed to a 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 myself. This retreat was the perfect reset and I am still overwhelmed with gratitude to Jeff, to the great group that was on the retreat with me and for the opportunity to experience all of it.-**Karen E 2019**

"Going to India with Jeff was not only stress 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 that work in the resort. The Ayurvedic doctors were very knowledgeable. The food and Ayurvedic treatments were exquisite! I felt extremely rested and renewed after it all. Jeff provided such an interesting and in-depth introduction about yoga, meditation and pranayama. It was one of the most fun learning experiences I have ever had! His daily classes were a great combination with the Ayurvedic treatments. This is a retreat I would attend again and again!-**Brigitte H 2019**

I was introduced to Ayurveda by Jeff a couple of years ago when I started practicing yoga with him and then attended a couple of his Ayurvedic workshops. I started working with him on some health concerns that my western doctor could not seem to really help me with. I have always been drawn to India but never found the right opportunity to go until Jeff recommend me coming for Panchakarma with him in India. It was so exciting visiting India and experiencing Kerala where Jeff takes groups for this ancient practice and yoga retreat. Jeff I so knowledgeable about yoga and Ayurveda I am so glad that I bit the bullet and decided to attend. Big thumbs up for India and Three Seasons Ayurveda.- **Carla L 2018**

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 how to bring Ayurvedic practices into my life. I had also gone to some Ayurvedic cooking classes with Jeff and then decided it was time to go to Kerala in 2019. I could not believe how beautiful India was and 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 amazing and I would recommend this outing and Jeff to everyone.- **Patricia S 2018**

My yoga retreat at 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. Daily massages with warm oils, milk, and reviving facials were prescribed by the doctor according to my needs. My body was refreshed by the huge vegetarian buffet labeled according to each "Dosha" so it was easy to select foods that benefited my determined constitution. Two hours of daily yoga led by Jeff Perlman strengthened and stretched my body. Dinner was usually al fresco with daily entertainment of 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, about yoga, about the Kerala region and things to do there. He really 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 November of 2017. It was the best decision I had ever made. Prior to attending the retreat, I was having a lot of issues with constipation, anxiety, anger, and general frustration. The retreat provided me a sense of well-being, the care and love I received from the center and the Ayurvedic hospital, staff and physicians was wonderful. The yoga and pranayama that Jeff provided were balancing and well thought out. It was different every day and Jeff was very in-tune with all of us and the self-care he provided us was amazing. Since arriving back home, I have retained a lot of the balance that I received while in India. I guess it gave me the tools and knowledge that I needed. Thanks to India and to Jeff for creating a wonderful retreat.- **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 everyday 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 show positive effects on my system. All staff members at the clinic were very professional and friendly. Sharing quality time with others in the group was a wonderful experience and I will definitely want to repeat 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 the treatments were very comprehensive. Jeff is an impeccable host and was so well prepared, from his Yoga Asana and Pranayama classes, to organizing outings, as well as 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**