

THREE SEASONS AYURVEDA



Ayurveda & Yoga Retreat

Manaltheeram Ayurvedic Resort

Kerala, India

November 26th – December 10th, 2023



View from the Restaurant



The Panchakarma Clinic



Manaltheeram Cottages

Panchakarma is the Ayurvedic rejuvenation modality that originated in India and has been practiced for thousands of years. This ancient procedure is done with the change of seasons or when there is an imbalance or illness and naturally restores perfect balance and harmony to the body, mind, and spirit.

Kerala is the home of Ayurveda and is where this ancient science and practice originated 5000 years ago. There are many centers that offer Panchakarma programs in this area, but my favorite and most highly rated is the Manaltheeram Resort and Panchakarma center (www.manaltheeram.com), located near the tip of India where the Indian Ocean, the Bay of Bengal and the Arabian Sea all meet.

Many programs are offered at an Ayurvedic center like this, but most come for Panchakarma, which can be achieved in a minimum of 10 days and brings the body, mind, and spirit into balance. On arrival, you check into your cottage and meet your Ayurvedic doctor, who designs your program and is your daily contact. In addition, I monitor your program and am at your disposal at all times.

Each day you receive two hours of Ayurvedic treatments based on your health concerns and needs; I teach two yoga, pranayama, and meditation classes daily based on each person's individual therapeutic needs with Ayuryoga rejuvenative and restorative principles. The remainder of your day is for personal time, resting, walks along the coast, sunbathing, and possibly shopping or sightseeing in Kerala. In the evenings, the resort offers Indian dance and musical programs.

All the cottages have tile floors, screened windows, ceiling fans, Western bathrooms, Wi-Fi service, electronic safes, daily maid service, room service if needed, and hammocks right outside your door. The resort restaurant faces the ocean, and once you know your prescription from your doctor, you have the choice of having your medicinal meals prepared by the kitchen or eating off the buffets labeled with which dishes are appropriate for each Dosha-very cool!

Traditional Panchakarma treatments range from 10 to 28 days; in the USA, they can cost \$600 to \$800 per day. Going to India does have the added expense of airfare, but having this procedure done in India is not only super reasonable but is the most authentic and Ayurvedic heaven.

Ayurveda is defined as the Knowledge of Life and is the sister science of yoga, both documented in the Vedas over 5000 years ago. I have found that bringing Ayurveda into my life has addressed specific medical concerns and added another layer to my spiritual path, which I urge you to experience. Please join me in the beauty and amazement of India and experience the power of what is considered to be the original medical system of man.

Your Daily Schedule:

7:30-9am: Meditation & Pranayama Class
9 am-3 pm: Breakfast, Therapies, Lunch, and Free Time
3:00-5:00 pm: Asana Class & Yogic Talks
6-9 pm: Dinner, Indian Entertainment Programs

~ All Inclusive Prices ~

Includes: Private cottage with Wi-Fi, organic Ayurvedic meals, daily meetings with your Ayurvedic doctor, 2 hours of Ayurvedic treatments daily, morning meditation and pranayama classes and afternoon yoga class, all herbal medicines and teas, Indian music and entertainment in the evening, Kerala excursion, and all airport transportation.

Does Not Include Airfare from Your Destination

14- Day Packages

Standard Rooms

Single- \$4,150 / Double- \$3,600

Garden Cottages

Single- \$4,500 / Double- \$3,850

Special Cottage

Single- \$4,750 / Double- \$3,900

Kerala Houses

Single- \$6,200 / Double- \$ 4,700

10-Day Packages Available

Payments

\$500 Non-Refundable Deposit to hold accommodation

First Payment 50%: By June 1st

Final Payment 50%: By August 1st

Cancellation Policy:

Up to July 15th - Full Refund

July 15th -August 15th - 50% Refund

After August 15th - No Refunds

Financial Correspondence To:

Three Seasons Ayurveda, 1033 3rd St. #309, Santa Monica, Calif. 90403

Venmo Payments: www.venmo.com/tsayurveda

Zelle: Three Seasons Ayurveda / 1-310-339-8639

Credit Cards: Additional 5% Bank Service Charge



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage-Marma Therapist, AHG Herbalist, Certified Iyengar Yoga Instructor, IAYT and AyurYoga Therapist, and Cordon Bleu Chef. threeseasonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com