

THREE SEASONS AYURVEDA



Ayurveda & Yoga Retreat

Panchakarma

Manaltheeram Ayurvedic Resort

Kerala, India

October 25th - November 8th, 2026



View from the Restaurant



The Panchakarma Clinic



Manaltheeram Cottages

Panchakarma is the Ayurvedic purification and rejuvenation modality that originated in India and has been practiced for thousands of years. It is performed with the change of seasons, when one feels imbalanced or unwell, and for rejuvenation. It is a safe and natural process that identifies your inherent nature (constitution) and then employs diet, herbal medicines, and body therapies to eliminate impurities. After this, it introduces therapeutic and rejuvenative practices that restore balance and harmony to the body, mind, and spirit.

Kerala is the home of Ayurveda, which originated about 5,000 years ago. There are many Panchakarma centers in this area, but my favorite and one of the highest-rated is the Manaltheeram Resort and Panchakarma Center (www.manaltheeram.com), located near the southern tip of India, where the Indian Ocean, the Bay of Bengal, and the Arabian Sea all meet.

In the U.S., Panchakarma treatments typically range from 10 to 28 days, costing \$600 to \$1,000 *per day*. *Although traveling* to India incurs the additional expense of airfare, receiving this procedure in India is not only very affordable but also the most authentic experience—truly an Ayurvedic heaven.

Upon your arrival in South India, you will be picked up at the international airport (TRV) and taken to the center, where you will check in to your cottage and meet your Ayurvedic doctor, who will design your program and serve as your daily point of contact. Additionally, I will monitor your program and remain available to you every day.

Each day, you check in with your doctor and receive two hours of Ayurvedic treatments tailored to your health concerns and goals. I teach yoga and pranayama classes tailored to your therapeutic needs, utilizing Ayurvedic rejuvenative and restorative principles. The rest of your day is dedicated to personal time, including resting, walking along the coast, sunbathing, swimming in the resort pool, or possibly shopping or sightseeing in Kerala. In the evenings, the resort offers Indian dance and musical programs.

Manaltheeram is a private compound with 60 accommodations. All water on the property is filtered, and all cottages feature tile floors, screened windows, ceiling fans, Western-style bathrooms with walk-in showers, Wi-Fi service, electronic safes, daily maid service, room service, and laundry service (additional, if needed), as well as hammocks right outside your door.

The resort restaurant faces the ocean, and once you know your doctor's prescription, you can have your medicinal meals prepared by the kitchen or eat off the vast buffets labeled with which dishes are appropriate for each Dosha and constitution—very cool! Additionally, an Ayurvedic doctor is available at the restaurant during meals to address questions you may have about your health and food choices.

Typical Daily Schedule:

8 - 9 am: Meditation and Pranayama Class
9 am - 3 pm: Breakfast, Therapies, Lunch, and Free Time
3:00 - 5:00 pm: Asana Class and Ayurvedic Talks
6 - 9 pm: Dinner and Indian Entertainment Programs

~ Retreat Pricing ~

Includes accommodations, Wi-Fi, organic Ayurvedic meals, daily meetings with your Ayurvedic doctor, 2 hours of Ayurvedic treatments, morning meditation and pranayama classes, and an afternoon yoga class, all herbal medicines and teas, Indian music and entertainment in the evening, a computer center, an international library, and all airport transportation.

Prices Per Person

Cottages
<u>14-days</u>
Single \$4,375
Double \$3,745 each



Does Not Include Airfare

Payments

\$500 Deposit to Guarantee Booking
First Payment 50%: By June 1st / Final Payment 50%: By August 1st

Cancellation Policy

Up to July 15th - Full Refund
July 15th - September 15th - 50% Refund
After September 15th - No Refunds

Financial Information & Contact

Three Seasons Ayurveda, 1033 3rd St. #309, Santa Monica, Calif. 90403
Venmo Payments: www.venmo.com/tsayurveda
Zelle: Three Seasons Ayurveda / jeff@tsayurveda.com / 1-310-339-8639
Credit Cards: An Additional 3% Bank Service Charge



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 ~