

THREE SEASONS AYURVEDA



10-Day Ayurvedic Cleansing "Panchakarma"



There are many kinds of cleanses available to consider. Many deplete the body by starvation, laxatives, colonics, astringents, and over-exercising. Ayurvedic practices Panchakarma (The Five Actions), which is unique because it uses the body's inherent energies along with food, herbs, body therapies, and yogic practices to aid in the removal of toxins rejuvenation. All cleansing programs are individually designed based on your current state of health and your unique constitution.

Your cleanse includes a Full Ayurvedic Evaluation and Report of Findings documenting all pertinent Ayurvedic information and a proposed treatment program after your cleanse. Your program starts with an intake appointment via zoom, followed by a second appointment to review products, your cleansing notebook, and a Kitchari cooking lesson. During the cleanse, there will be zoom check-in appointments along with unlimited support via email and phone and access to all weekly yoga and pranayama classes.

Your 10-day Cleanse Includes:

- Initial Consultation and Kitchari cooking class (In-person or virtual).
- Complete Ayurvedic Evaluation and Report of Findings appointment (all info supplied in writing) documenting all pertinent ayurvedic information, diet, and after panchakarma program.
- One-on-one zoom check-in appointments (scheduled when booked).
- Access to my online yoga and pranayama classes.
- Unlimited phone calls and email access.
- Detailed Notebook: Includes daily schedules and instructions, recipes and support documents, instructions for all practices, product info sheets, and articles.
- Supplies Included: Moong beans, quinoa, basmati rice, internal oileation ghee, cooking ghee, doshic spice blend, mineral salt, basti salt, Triphala capsules, lymphatic capsules, herbal cleansing tea, tongue scraper, nasya oil, abhyanga oil, castor oil for purgation, and basti oil for last three days of rejuvenating herbal oil enemas.

Price \$795

Additional Costs: Body working treatments can be done at home with supplied products, and instruction but it is highly recommended to schedule in-clinic therapies for 3-4 or the days which better facilitate the removal of toxins. These therapies are based on your specific concerns at first appointment.

To discuss in my detail or to sign up, please contact me at 310-339-8639



Jeff Perlman is a Clinical Ayurvedic & Panchakarma Specialist, Massage-Marma Therapist, AHG Register Herbalist, Iyengar Yoga Instructor, IAYT-Ayuryoga Yoga Therapist and Cordon Bleu Chef.
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