

# THREE SEASONS AYURVEDA



## SPRING INTO YOGA

*CLEANSE & REJUVENATE*



Sunday, March 30<sup>th</sup>, 2025  
1-3 pm

Iyengar Yoga Institute Los Angeles

<https://iyila.org>

In-Person & Online

Donation

Spring is a time of rebirth in nature as we transition from the cold, wet, and heavy winter to the drier, lighter, and more vibrant season. This spring is the perfect time to cleanse, refresh, and free our bodies and minds from stagnation and unwanted toxins. During this workshop, I will explain how the qualities found in nature are integrated as I guide you through our yoga and pranayama sequence, which is purifying and rejuvenating and will restore the balance of the body, mind, and spirit.

This class is appropriate for students at every level.



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage-Marma Therapist and AHG Herbalist, Iyengar Yoga instructor, IAYT and AyurYoga Therapist, Certified Nutritional Practitioner, and Cordon Bleu Chef ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~ 310-339-8639 ~ [jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)