

THREE SEASONS AYURVEDA



Ayurveda & Yoga Retreat

Manaltheeram Ayurvedic Resort

Kerala, India

November 26th – December 10th, 2023

Basic Information

Your Ayurvedic retreat is at one of India's most respected Panchakarma centers. You will be under the daily care of an Ayurvedic medical doctor, and each day you will have two hours of treatments performed by two therapeutic technicians per your constitution and current state of health. I will be overseeing your Ayurvedic program, and I will be teaching meditation and pranayama in the mornings and an asana class in the afternoon based on the therapeutic teachings of BKS Iyengar and Ayurvedic principles.

What's Included:

Transportation from the local airport

Lovely accommodations with daily maid service, room service, and free Wi-Fi.

All organic vegetarian and vegan meals each day.

All medicines and teas during your stay at the center.

Nightly Indian and music program.

Talks on Ayurveda and Yoga philosophy based on your interests.

Daily Meditation, Pranayama and Asana classes.

A Yoga Prop kit with an airline travel bag.

A half-day Kerala excursion.

What's NOT Included:

Airfare from destination

Travel Insurance is *"highly recommended."*

Tips at the end of your stay

Purchases at the resort gift shop or pharmacy

Room service and phone charges

Excursions in Kerala

Registration and Retreat Contact Information:

Three Seasons Ayurveda

Jeff Perlman

1033 3rd St. #309

Santa Monica, California 90403

www.threeseasonsayurveda.com

jeff@tsayurveda.com

310-339-8639

Payment Choices:

Send Checks to the address above.

No Charge Transfer: Venmo: www.venmo.com/tsayurveda

No Charge Transfer: Zelle: Three Seasons Ayurveda or 310-339-8639

Credit Card Payments: Additional 5% bank charge

Retreat Pricing:

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

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

Necessary Travel Documents for India

Your passport **MUST** be good for six months after completing this trip.

You **MUST** also have a visa to travel to India.

EXTREMELY IMPORTANT WHEN FILLING OUT YOUR APPLICATIONS:

1. Make sure when applying that you state that you are a **TOURIST**.
2. List your **exact name** as it appears on your passport, including your middle name.

Address & Location of the Resort in Kerala, India

Manaltheeram Ayurveda Beach Resort

Contact Person: Chithra

Chowara P. O, South of Kovalam

Trivandrum 695501

Kerala, South India

91-4712266222

Airline Information

There are many options for getting to India, but ultimately you need to get to Thiruvananthapuram International Airport "**TRV**". If you are not traveling in India before arriving for your retreat, consider the airlines below that have the most direct flights.

Emirates <https://www.emirates.com/us/english/>

Qatar <https://www.qatarairways.com/en-us/homepage.html>

Singapore (https://www.singaporeair.com/en_UK/us/home#/book/bookflight)

When booking a ticket to India, remember there is a time /day change, and you lose a day going but make it up and the way back. Please talk to me before booking your tickets to make sure of arrival and departure times.

Additionally, I can help you plan additional travel in India, so please let me know if you want to talk.

Travel Insurance

It is HIGHLY recommended that you purchase travel insurance in case there are any emergencies or changes of plans. You can find many companies to choose from, but below are two that are highly rated:

Alliance Insurance

<https://www.allianztravelinsurance.com/?data1=4842641>

Travelex

<https://www.travelexinsurance.com/homepage>

Visa Information

If you have a foreign passport, please check to see what special requirements are required by the country of origin when applying for a Visa. Some countries DO NOT allow EVisa to be applied for!

Getting a visa can sometimes seem complicated when dealing with the Indian bureaucracy, but below is what I would like to share with you.

Option #1 (EVisa)

Currently, the Indian government is offering EVisa for 30 days, 1 year, or 5 years. These are gotten online and can be applied for within 60 days before you need them. This is the most cost-effective way to get your Visa, but it will take a bit more time to maneuver online. The online portal to start this process is <https://indianvisaonline.gov.in/evisa/tvoa.html>, and you will find a button that says “click here to apply for EVisa. I suggest you look at the sample document button first and ensure you have all your information. This cost is around \$35-80, depending on your application length.

Option #2 (Using a Service)

You can hire a company to take care of this for you. This is nice if you do not want to spend the time and possibly want to speak with someone live at any time. Many companies handle your passport and visa needs, but you will be paying a handling fee of upwards of \$200. The company I would go to is Travia at: <https://www.travia.com>, and their phone is 877-876-3266

Travel Agent Assistance

If you need a travel agent to book tickets, then I recommend the following agent in Los Angeles:

Martine Coupal-Sikes

Let's Travel

martine@letstravel-sm.com

310-451-5805, ext. 1264

Tour Company and Guide in India

If you are wanting to arrange extra travel within India, I would like to suggest the following company and gentleman to help. Most destination around India are accessed through New Delhi or Mumbai, and Deepak is located in New Delhi and is very reputable, and can help arrange and book travel and tours.

Sudarshan India Tours

Deepak Kiran Sharma

sudarshanindiatour@gmail.com

<http://sudarshanindiatour.com>

91-9758405056

Health Requirements

Covid Restrictions

At this time, the only requirements to enter India is:

Be fully vaccinated or have a current covid test within 3-days of coming through customs.

You can upload the negative results at: <https://www.newdelhiairport.in/airsuvidha/apho-registration>.

Immunizations

Your best bet is to check with your medical doctor and the CDC, but the resort we are staying at does NOT recommend any immunizations. The first time I visited India, I did update my immunizations per the doctor's suggestion but have never taken anything more than a probiotic daily.

Below is a link for the Centers for Disease Control and Prevention:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>



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