

THREE SEASONS AYURVEDA



Three Season's Ayurveda

www.threeseasonsayurveda.com

Jeff studied nutrition in college before attending the Cordon Bleu, and working in France for 2 years, and went on to work as a professional chef for 15 years. He began his exploration and studies of yoga in 1998 as a result of stress from a high-powered restaurant career, and an injury running the New York City marathon. Wanting to shift his focus inward, Jeff enrolled in the BKS Iyengar 3-year teacher training program and has been teaching since 2007. He has studied therapeutics with the Iyengar family in Pune, India for 3 semesters, and is currently a Certified Junior level Iyengar instructor, IAYT & AyurYoga therapist.



From his yogic studies and culinary background he developed an interest in Ayurveda and graduated from the California College of Ayurveda as a Clinical Ayurvedic, and Panchakarma therapist. He went on to study Panchakarma, Marma, Sound and Color therapies with Dr. Ladd in New Mexico and India. Jeff is Certified as a Professional Member of the National Ayurvedic Medical Association and is a registered AHG Herbalist.

Three Seasons Ayurveda is a Holistic medical practice in Santa Monica, offering a full range of services including Ayurvedic, nutritional, and Panchakarma programs, Ayurvedic body, Marma, therapies, private yoga therapy, holistic cooking programs and has a fully licensed herbal pharmacy.

Culinary Background

Along Came Mary Productions, Executive Chef

Maple Drive Restaurant, Executive Chef

Restaurant Muse, Executive Chef/Partner

Sony Studio, Executive Chef

Cambria Restaurant, Chef Owner

Beverly Prescott Hotel, Executive Chef

Restaurant Campanile, Sous Chef

Granita Restaurant, Pastry Chef

Chez Panisse, Apprentice, Berkeley

Auberge d' Ergal, Apprentice, France

Culinary Teaching Experience

Culinary Institute, Napa Valley, 1985

Art Institute, Los Angeles, 1995

Sur La Table, Los Angeles, 2010

Rancho la Puerta, Tacate, Mexico 2014

The Oaks of Ojai 2015

Refugio Kitchen of Paso Robles 2016

The Gourmandise Cooking School 2018

Ayurveda and Culinary Publishing

The Ayurvedic Experience

LA Yoga Magazine

Huffington Post

Herbal Development Projects

Healix Heals, Santa Monica
5-day Fix, Newfoundland
The Hall Center, Santa Monica

Ayurveda & Yoga Instruction

Iyengar Yoga Institute, Los Angeles
Yoga Works, Los Angeles
The Jonathan Clubs, Los Angeles
Santa Monica Yoga, Santa Monica
Bhakti Yoga Shala, Santa Monica
Sivananda Los Angeles, Marina Del Rey
Live Yoga Wellness, Los Angeles
Rancho la Pureta, Tacate, Mexico
The Oaks, Ojai

Education & Certification

Santa Monica College, General Education & Nutrition, 1974
American Culinary Federation Degree, Cordon Bleu, San Francisco 1992
Advanced Pastry Degree, Lenotre Patisserie Ecole, Paris 1992
Stagiare, Auberge D' Ergal, Jours-Pontchartrain, France 1992-93
Advanced Asian Cuisine Certificate, Culinary Institute of America, Napa Valley, 2004
Three Year Teacher Training Program, BKS Iyengar Institute, Los Angeles, 2007
Therapeutics Apprentice, "Ramamani Iyengar Yoga Institute" Pune, India 2007/2009/ 2013
Ayurvedic Health Educator's Certificate, California College of Ayurveda, Nevada City, Ca. 2008
500-Hour Teacher Training Certificate, Yoga Alliance, 2008
Pulse Diagnosis Certificate, Ayurvedic Institute, New Mexico, 2009
Ayurvedic Health Practitioner Certificate, California College of Ayurveda, Nevada City, Ca. 2009
Ayurvedic Body Therapy Certificate, California College of Ayurveda, Nevada City, Ca. 2009
Yoga Therapist, "Ramamani Iyengar Yoga Institute" Pune, India 2007/2009/20011
Clinical Ayurvedic Specialist, California College of Ayurveda, Nevada City, Ca. 2010
Pancha Karma Specialist, California College of Ayurveda, Nevada City, Ca. 2010
Certified Massage Therapist, California Massage Therapy Council 2010
Certified Marma Therapist Certificate, Ayurvedic Institute, New Mexico, 2011
Professional Member of National Ayurvedic Medical Association 2010
Certified Iyengar Yoga Instructor 2011
Himalayan Singing Bowl Certificate, Himalayan Singing Bowl Centre, Boudha Stupa, Nepal, 2012
Iyengar Yoga Therapeutics Apprenticeship, Los Angeles, Ca. 2013-2014
International Integrative Herbal Certification 2013
Advanced Ayurvedic Body Therapy Certification, California College of Ayurveda, Nevada City 2013
Ayuryoga Training Program, Ayurvedic Institute, New Mexico 2014
Pranayama Teachers Intensive, Iyengar Institute, Pune, India 2015
Yoga Alliance Continued Education Provider, 2016
Certified Iyengar Yoga Instructor (CIYT), Junior Level Certificate, 2016
Certified Yoga Therapist, International Association Yoga Therapists (IAYT), 2017
Certified Ayurvedic Yoga Therapist (AYT), National Ayurvedic Medical Association, 2018
Registered Herbalist, American Herbalist Guild, 2018