

THREE SEASONS AYURVEDA



Ayurveda & Yoga Retreat 2022

Kerala, India

Basic Information

Your 10-day Ayurvedic retreat is at one of the most respected Panchakarma centers in India. You will be under the daily care of an Ayurvedic medical doctor, and each day you will have 2 hours of treatments performed by 2 technicians in accordance with 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 teachings of BKS Iyengar and Ayurvedic principles.

What's Included:

Transportation from the local airport
Private garden cottage 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 airline travel bag.
A half day Kerala excursion.

What's NOT Included:

Airfare from destination
Travel Insurance "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 address above.
No Charge Transfer: Venmo: www.venmo.com/tsayurveda
No Charge Transfer: Zelle: jeff@tsayurveda.com or 310-339-8639
Credit Card Payments: Additional \$150 bank charge

Retreat Pricing:

Single Occupancy

10-day Panchakarma & Rejuvenation package- \$2,995

14-day Panchakarma & Rejuvenation package- \$4,125

Double Occupancy (*per person*)

10-day Panchakarma & Rejuvenation Package- \$2,595

14-day Panchakarma & Rejuvenation package- \$3,575

Payment Plan

\$250 Non-Refundable Deposit at booking

First Payment 50%: By June 15th

Final Payment 50%: By August 15th

Cancellation Policy:

Up to July 15th - Full Refund

July 15th - August 15th - 50% Refund

After August 15th - No Refunds

Necessary Travel Documents for India

It is vital that you look at your passport, it **MUST** be good for six months after the completion of this trip. You **MUST** also have a visa to travel to India.

EXTREMELY IMPORTANT WHEN FILLING OUT YOUR APPLICATIONS:

1. Make sure when applying 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

Chowara P. O, South of Kovalam

Trivandrum 695501

Kerala, South India

Airline Information

There are many options getting to India, the airport you need to get to is Thiruvananthapuram International Airport "**TRV**". The most direct route with an excellent reputations and are Emirates or Qatar Airlines.

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

One of the nicest airlines and has the most direct flights to Kerala. They are a bit more expensive and options to consider; for instance, their lowest prices do not allow you to choose your seats.

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

Also, a great airline (this is what I am using this time) it is a bit less expensive but has may have fewer direct flights from LAX.

When booking a ticket to India remember there is a time /day change. If you want to arrive at you on Sunday, October 30th, 2002, you would be leaving your destination on October 28th, 2022. Please call the airlines, travel agent or me if you need assistance figuring your travel plans out, I am always here for you.

Travel Insurance

It is **HIGHLY** recommend that you purchase travel insurance, in case there are any emergencies or change 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

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 offer EVisa for 30 days, 1 year or 5 years. These are gotten online and can be applied for within 120 days prior to you needing them. This is by far the most cost-effective way to get your visa but will take a bit more time maneuvering on line. 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 would suggest you looking at the sample document button first and make sure you have all your information. The cost of this is around \$35-80 depending on the length you apply for.

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. There are many companies out there which handle your passport and visa needs but you will be paying a handling fee upwards of \$200. The company I would go to is Travisa at: <https://www.travisa.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/apfo-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