


# THREE SEASONS AYURVEDA



I am grateful for the opportunity to have participated in this magical journey in India with Jeff and others. Jeff was an extraordinary leader whose thoughtfulness and kindness made me feel comfortable in a foreign country and during the panchakarma process. Thank you for holding my hand through this intimidating journey; every moment, I felt reassured by your expertise and guidance. The center itself was lovely, with delicious food and high comfort, and I bonded with my therapists, further fueling my path toward wholeness. **Mellisa G 2025**

The Ayurveda and yoga retreat organized by Jeff Perlman in Kerala, India, at the Manaltheeram Ayurveda Resort was truly a magical experience. Jeff is an excellent program host; he had everything well organized and planned from day one. Traveling halfway around the world is a significant leap to participate in a 14-day panchakarma program. However, in Jeff's capable and experienced hands, the retreat experience was made easy, connective, and supportive for all attendees. If you seek a transformative experience, I highly recommend Jeff's Ayurveda retreat program at Manaltheeram.

Ever since I was a little girl, I have dreamt of being pampered from head to toe while pummeled into blazing fitness and perfect health by dedicated professionals at an exotic spa. At the 2024 Panchakarma retreat at Manaltheeram Ayurveda Resort, after many years of wistfully hoping, my dream finally came true. Not only did I lose 9 pounds (wow!) before the treatment was halfway through, but I have never felt better cared for, seeing their doctors daily and receiving 2+ hours a day of their fantastic array of Ayurvedic treatments. The food was delicious, varied, plentiful, and elegantly presented with care and love from everyone on staff. The hotel and medical staff were caring and kind 24/7, and my accommodations in a lovely brick private cottage were superb. Finally, having daily pranayama and yoga classes with Jeff was a real privilege. I made a lot of progress in my yoga practice, having returned home with renewed dedication and energy. Back home, I miss it and wish I had been there more times than I can count. In a nutshell, it is highly recommended! **Shelia 2024**

I recently went with Jeff Perlman of Three Seasons Ayurveda to Manaltheeram Beach Village in Kerala, India. The retreat was two weeks and well worth every minute. The staff are so welcoming and attentive even when you arrive at 3 am in a rain storm. They are always ready to help with any possible need. The resort is pristine on the Arabian Sea, and the cottages are very comfortable and have modern amenities. The FOOD is fabulous and prepared for your Dosha to facilitate balancing your Prakriti. They even have desserts at times). Jeff organizes everything to make this all come together. He has chosen a lovely spot for the treatments you seek, and the doctors are well-versed in the panchakarma experience. It was completely monitored and controlled. I always felt supported and with guidance before/during, or after the process. The Ayurvedic team's treatments help prepare and strengthen one for an easy panchakarma transition. They know their stuff. Jeff's pranayama and yoga practices were also very valuable and aided in this transition through panchakarma. All in all, it was a very pampered and relaxing 14 days. I returned home ready to plan for it again. Thank you, Jeff,  - **Lalanne 2024**

This is my second trip with Jeff to Manaltheeram, which has won the best Ayurvedic retreat in India six times. You'll stay in a charming and well-appointed cottage on the Arabian Ocean. The doctors and therapists are kind and loving; kindness is a trademark in Kerala and has its healing quality. Jeff is a fantastic guide because he is detail-oriented about flight times, schedules, and specific needs and wants. Moreover, he is a doctor of Ayurvedic medicine, so he can answer any questions and is attentive and responsive. The dining hall is netted in but otherwise open to the Arabian Sea, and I loved the quality and variety of buffet-style meals. I do recommend this trip as demonstrated as a repeat customer! **Mia 2024**

This retreat was exactly what I needed. I loved being in the community, having the time to focus on practice, and exploring a new place. The Ayurvedic Hospital could not have been more accommodating. Everyone was so sweet, truly listened, and gave me appropriate treatments. Jeff's teaching was crisp and always appropriate to the student's emotions. I would go back in a heartbeat.  
**Valerie 2024**

My recent Ayurveda and Yoga retreat with Jeff Pearlman couldn't have been more spectacular. From the moment I was interested until we all landed back in the States, Jeff was there every step of the way. After traveling for 19 hours, a staff member from the Manaltheeram Resort greeted us at the airport at 3 am. The accommodations are more than comfortable, with filtered water, daily housekeeping & laundry, AC, and Wi-Fi. I've enjoyed Jeff's Yoga, Ayurveda, and Pranayama instruction since I moved to LA in 2016. When I heard about the retreat, the dates, and all it entailed... it was a no-brainer. He even took the time to help me book my flights. It was everything I had hoped for and so much more. A typical day was: 6 am: wake up before sunrise and eat a light breakfast at 7 am when the restaurant opens. 7:30 was a 75-minute Pranayama/Restorative practice. 9:30 was my treatment time. I loved my therapists & doctors. They always greeted me with a smile and a glass of water. My concerns were addressed, and all my needs were met. The three meals daily were delicious and had something for everyone. The kitchen staff catered to everyone's dietary needs. The staff is always eager to serve and please. Our Yoga class was in the afternoon, which gave us time before and after to rest before dinner. You can always order room service if you miss a meal. For most of us, it was light's out by 9 pm, and then we woke up and did it all over again.

**Lilia 2024**

The India retreat was a phenomenal experience. The resort is beautiful, right on a stunning Arabian Sea beach. The doctors and therapists were insightful and very helpful. I came with a complicated autoimmune condition and have returned home with a new sense of well-being, a profound reset both physically and spiritually. Jeff is a wonderful host and guide, his yoga classes were highly personalized and beneficial, and the pranayama instruction was excellent. I recommend this experience; it is a special opportunity to experience Ayurveda and all it has to offer in a magnificent setting. **Dr. Girard 2022**  
I highly recommend the Kerala Ayurvedic retreat with Jeff Perlman. The retreat center is gorgeous on the Arabian Sea, with lovely, very comfortable, clean, and modern cottages. Jeff is such a trustworthy guide—he's organized, knowledgeable and available. The treatments, food, and atmosphere at Manaltheeram are perfect! The retreat center has won the best Ayurvedic center in India six or seven times. I loved learning aspects of Ayurveda, yoga, and pranayama from Jeff. This was one of my most rejuvenative, healing, and restorative trips.- **Mia Wigmore 2022**

Going to India with Jeff was an amazing experience, staying in this incredible beachfront resort and being cared for by Jeff and the staff, doctors, and therapists. I had studied yoga with Jeff for quite a while and learned about Ayurveda from him but I never understood the depth of health rejuvenation I would experience there. I trusted Jeff completely and thank him for the push to come and address my health conditions at the home of Ayurveda; huge thumbs up. **JC 2022**

The Kerala retreat at the Manaltheeram Resort was such a wonderful experience. I did the 10-day Rejuvenation Package and felt refreshed after 10 days. Jeff's program at the retreat is a total balance of mind, body, and spirit combining Ayurveda with daily meditation, Pranayama, and Iyengar yoga. I have

been practicing yoga for some time; however, Ayurveda is new. Through the experience at the retreat and Jeff's teachings, I got a basic understanding of Ayurvedic principles, which I now incorporate into my everyday life. During the trip, Jeff made himself available for any and all questions related to the trip. At the retreat, Jeff took care of us, ensuring all of our needs were met, and was always available to help however he could. Thank you, Jeff, for being so accommodating. Jeff is amazing and does a fantastic job organizing this life-changing trip. I highly recommend going on this retreat and Jeff as a guide, instructor, and organizer.- **Daphne V 2019**

My husband and I had the great pleasure of attending an Iyengar Yoga Retreat in Kerala, India, organized by Jeff Perlman. You know you are in good hands with Jeff, who has been to the Manaltheeram Ayurvedic Group many times. He chose this wonderful seaside resort to practice daily Pranayama and Yoga. His knowledge and passion for Iyengar Yoga and an Ayurvedic lifestyle are always present in his teachings and talks. The retreat aims at rejuvenating the mental, physical and emotional self. We are so grateful for this unique experience and look forward to returning with Jeff for a future retreat.- Vivian & **John L 2019**

Kerala is a magical place! Jeff is extremely knowledgeable and has chosen an amazing place for his retreats. I went in with no regular meditation, pranayama, or yoga practice. No experience with Ayurveda and only a little bit of knowledge that Jeff had shared before the trip. I returned committed to daily meditation and breathing practice and excited to explore the world of Yoga more. Jeff is helpful every step of the way and open to all questions. I learned so much about Ayurveda and myself. This retreat was the perfect reset, and I am grateful to Jeff, to the great group on the retreat with me, and for the opportunity to experience all of it. -Karen E 2019

“Going to India with Jeff was stress and hassle-free but fun! I learned a lot about myself and how to adopt an Ayurvedic lifestyle. I was extremely impressed by the accommodations. And, delighted by the friendliness and attentiveness of the staff that works in the resort. The Ayurvedic doctors were very knowledgeable. The food and Ayurvedic treatments were exquisite! I felt extremely rested and renewed after it all. Jeff provided an interesting and in-depth introduction to yoga, meditation, and pranayama. It was one of the most fun learning experiences I have ever had! His daily classes were a great combination of Ayurvedic treatments. This is a retreat I would attend again and again!-

**Brigitte H 2019**

I was introduced to Ayurveda by Jeff a couple of years ago when I started practicing yoga with him and then attended a couple of his Ayurvedic workshops. I started working with him on some health concerns that my western doctor could not seem to help me with. I have always been drawn to India but never found the right opportunity to go until Jeff recommend me to come for Panchakarma with him in India. It was so exciting visiting India and experiencing Kerala, where Jeff takes groups for this ancient practice and yoga retreat. Jeff I so knowledgeable about yoga and Ayurveda I am so glad that I bit the bullet and decided to attend. Big thumbs up for India and Three Seasons Ayurveda.-

**Carla L 2018**

Wow, what can I say, traveling to India with Jeff was a dream come true for me. I first met Jeff in an Iyengar Yoga class about 5 years ago and then went to an introductory class on Ayurveda which blew my mind about bringing Ayurvedic practices into my life. I also went to some Ayurvedic cooking classes with Jeff and decided it was time to go to Kerala in 2019. I could not believe how beautiful India was; the Ayurvedic center was so magical. I had a lovely cottage and could hear the waves in my room, and each day I had two therapists administer two hours of ayurvedic treatments to me, and the yoga classes were so informative. The food was so amazing, and I would recommend this outing and Jeff to everyone.- **Patricia S, 2018**

My yoga retreat at Kerala, India with Jeff Pearlman was the best gift I have ever given myself. For 10 days I was pampered, refreshed and renewed in body and soul. Daily meditation and breathing set the tone of each day followed by two hours of treatments prescribed by my individually assigned Ayurvedic Doctor. Daily massages with warm oils, milk, and reviving facials were prescribed by the

doctor according to my needs. My body was refreshed by the huge vegetarian buffet labeled according to each "Dosha," so it was easy to select foods that benefited my determined constitution. Two hours of daily yoga led by Jeff Perlman strengthened and stretched my body. Dinner was usually al fresco, with daily dance and music entertainment from India. I highly recommend giving yourself this beautiful gift of total renewal.- **Angelia M 2018**

"Jeff Perlman was a great guide to this Ayurvedic adventure. He brought us to a tropical paradise filled with sensory delights, where all our needs were attended to. He struck a perfect balance of being available when we needed him and not intruding on our individual experiences when we wanted our space. He provided information as we needed it—about Ayurveda, yoga, the Kerala region and things to do there. He did his best to make sure each of us had a memorable and satisfying experience."

- **Terry W 2017**

I attended the 14-day PK program with Jeff in 2017. It was the best decision I had ever made. Before attending the retreat, I had many issues with constipation, anxiety, anger, and general frustration. The retreat provided me with a sense of well-being, and the care and love I received from the center, the Ayurvedic hospital, the staff, and the physicians were wonderful. The yoga and pranayama that Jeff provided were balancing and well thought out. It was different every day, Jeff was very in-tune with all of us, and the self-care he provided us was amazing. Since arriving back home, I have retained a lot of the balance I received while in India.

- **Tara M 2017**

Traveling to India with Jeff was a truly unique and enriching experience. After a two week stay in a beautiful beach setting facing the Arabian sea, I returned home feeling totally renovated and strong, both physically and emotionally. Having pranayama and yoga classes everyday under Jeff's guidance and care is just what I needed, and it perfectly complemented the Panchakarma treatments we received at the clinic. Every day, under the care of an Ayurveda doctor we received a series of treatments that little by little started show positive effects on my system. All staff members at the clinic were very professional and friendly. Sharing quality time with others in the group was a wonderful experience and I will definitely want to repeat in the future.- **Luis C 2017**

The trip with Jeff to Kerala, India in November 2017 was magical. The location Manaltheeram was beautiful and the Ayurvedic doctors, staff and the treatments were very comprehensive. Jeff is an impeccable host and was so well prepared, from his Yoga Asana and Pranayama classes, to organizing outings, as well as being available to describe each of our Ayurvedic treatments; he was always accessible and informative. I would do it again in a heartbeat and fret the two-week retreat, I felt so rested and healthy - it was well worth it. - **Affi B 2017**

I have traveled to Kerala, India, with Jeff to study Iyengar Yoga, pranayama, and even Hindu Yoga philosophy. His depth of knowledge on these subjects is incredible and easy to understand. My study of pranayama and Iyengar Yoga has continued with him here in Los Angeles. I also use Three Seasons Ayurveda products every day. The Nasya Oils and Swishing Oil have become a part of my morning rituals. The Nasya Oil has improved my pranayama practice. It has cleared the air passages in my nose tremendously. I am happier because of the extra oxygen getting to my brain. I trust his expertise in the practice of Ayurvedic treatments. And would recommend him to anyone wanting a holistic approach to health, beauty, and wellness.- **Brigitte Hardine 2019**

Wow, what can I say? Traveling to India with Jeff was a dream come true for me. I first met Jeff in an Iyengar Yoga class about 5 years ago and then went to an introductory class on Ayurveda which blew my mind about bringing Ayurvedic practices into my life. I also went to some Ayurvedic cooking classes with Jeff and decided it was time to go to Kerala in 2019. I could not believe how beautiful India was, and the Ayurvedic center was so magical, I had a lovely cottage and could hear the waves in my room, and each day I had two therapists administer two hours of ayurvedic treatments to me, and the yoga classes were so

informative. The food was so amazing, and I recommend this outing and Jeff to everyone.- **Patricia S, 2018**

My yoga retreat in Kerala, India, with Jeff Perlman, was the best gift I have ever given myself. For 10 days, I was pampered, refreshed, and renewed in body and soul. Daily meditation and breathing set the tone of each day followed by two hours of treatments prescribed by my individually assigned Ayurvedic Doctor. Daily massages with warm oils, milk, and reviving facials were prescribed by the doctor according to my needs. My body was refreshed by the huge vegetarian buffet labeled according to each "Dosha," so it was easy to select foods that benefited my determined constitution. Two hours of daily yoga led by Jeff Perlman strengthened and stretched my body. Dinner was usually al fresco, with daily dance and music entertainment from India. I highly recommend giving yourself this beautiful gift of total renewal.- **Angelia M 2019**

My husband and I attended the Iyengar Yoga Retreat in Kerala, India, organized by Jeff Perlman. You know you are in good hands with Jeff, who has been to the Manaltheeram Ayurvedic Group many times. He chose this wonderful seaside resort to practice daily Pranayama and Yoga. His knowledge and passion for Iyengar Yoga and an Ayurvedic lifestyle are always present in his teachings and talks. The retreat aims at rejuvenating the mental, physical and emotional self. We are so grateful for this unique experience and look forward to returning with Jeff for a future retreat.- **Vivian & John L 2019**

Kerala is a magical place! Jeff is extremely knowledgeable and has chosen an amazing place for his retreats. I went in with no regular meditation, pranayama, or yoga practice. No experience with Ayurveda and only a little bit of knowledge that Jeff had shared before the trip. I returned committed to daily meditation and breathing practice and excited to explore the world of Yoga more. Jeff is helpful every step of the way and open to all questions. I learned so much about Ayurveda and myself. This retreat was the perfect reset, and I am still overwhelmed with gratitude to Jeff, to the great group on the retreat with me, and for the opportunity to experience all of it. -**Karen E 2019**

"Going to India with Jeff was stressful and hassle-free but fun! I learned a lot about myself and how to adopt an Ayurvedic lifestyle. I was highly impressed by the accommodations. I am delighted by the friendliness and attentiveness of the staff who work at the resort. The Ayurvedic doctors were very knowledgeable. The food and Ayurvedic treatments were exquisite! I felt rested and renewed after it all. Jeff provided an interesting and in-depth introduction to yoga, meditation, and pranayama. It was one of the most fun learning experiences I have ever had! His daily classes were a great combination of Ayurvedic treatments. This is a retreat I would attend again and again- **Brigitte H 2019**

"Jeff Perlman was a great guide to this Ayurvedic adventure. He brought us to a tropical paradise filled with sensory delights, where all our needs were attended to. He struck a perfect balance of being available when we needed him and not intruding on our individual experiences when we wanted our space. He provided information as we needed it—about Ayurveda, yoga, the Kerala region, and things to do there. He did his best to make sure each of us had a memorable and satisfying experience."- **Terry W 2017**

I attended the 14-day PK program with Jeff in November 2017. It was the best decision I had ever made. Before attending the retreat, I had many issues with constipation, anxiety, anger, and general frustration. The retreat gave me a sense of well-being, and the care and love I received from the center, the Ayurvedic hospital, the staff, and the physicians were terrific. The yoga and pranayama that Jeff provided were balancing and well thought out. It was different every day. Jeff was very in tune with all of us, and the self-care he offered us was excellent. Since returning home, I have retained much of the balance I received while in India. It gave me the tools and knowledge that I needed. Thanks to India and to Jeff for creating a wonderful retreat- **Tara M 2017**

Traveling to India with Jeff was a truly unique and enriching experience. After a two-week stay in a beautiful beach facing the Arabian sea, I returned home feeling renovated and strong physically and emotionally. Having pranayama and yoga classes every day under Jeff's guidance and care is just what I needed. Every day, under the care of an Ayurveda doctor, we received a series of treatments that, little by

little, started showing positive effects on my system. All staff members at the clinic were very professional and friendly. Sharing quality time with others in the group was a wonderful experience I will want to repeat.- **Luis C 2017**

The trip with Jeff to Kerala, India, in November 2017 was magical. The location of Manaltheeram was beautiful, and the Ayurvedic doctors, staff, and treatments were very comprehensive. Jeff is an impeccable host and was so well prepared, from his Yoga Asana and Pranayama classes to organizing outings and being available to describe each of our Ayurvedic treatments; he was always accessible and informative. I would do it again in a heartbeat and fret the two-week retreat, I felt so rested and healthy - it was well worth it. - **Affi B 2017**