

THREE SEASONS AYURVEDA



SPRING INTO AYURVEDA

AYURVEDA & YOGA POP-UP CLASS



Sunday, March 2nd, 2025

2-4 pm

[Santa Monica Yoga](#)

1640 Ocean Park Blvd., Santa Monica, CA. 90405

310-396-4040

As we transition into February, spring is just around the corner. Daylight Savings Time will begin on March 9th, followed by the spring equinox on March 20th.

This is a magical time of year as Mother Earth awakens from her cold, wet, and heavy winter and gradually shifts into a lighter, more vibrant spring. Spring is the ideal season to cleanse the body of accumulated allergies, heaviness, and stagnation.

Ayurveda teaches us that like increases like and opposites create balance. As the seasons and energies shift, we can modify our lifestyle, exercise routines, and spiritual practices, including what we consume through food, herbs, spices, and beverages. These factors contribute to our physical, mental, and spiritual well-being.

During this workshop, I will introduce how Ayurveda adapts to the seasons, bringing balance and harmony to the body, mind, and spirit. I will share simple lifestyle adjustments, holistic practices, seasonal food, and herbs, and do a seasonal yoga practice appropriate for all.



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 ~ 310-339-8639 ~ jeff@tsayurveda.com