

THREE SEASONS AYURVEDA



YOGA PROPS

KERALA RETREAT 2024



Yoga and Ayurveda are sister sciences first mentioned in the Vedas (India's original documents) around 3500 BC. Patanjali documented the practice of yoga around 400 BC in the Yoga Sutras, which define the eight limbs (steps) of yoga, including asana (postures), pranayama (controlled breathing), and meditation.

Yoga, pranayama, and meditation are therapies/practices used in the Panchakarma process that facilitate the cleansing and rejuvenating the body, mind, and spirit. During our retreat, two daily classes (a morning meditation and pranayama and an afternoon yoga asana) will be based on BKS Iyengar's teachings. He developed most of the props you use in yoga today, which are used therapeutically, bringing alignment, precision, rejuvenation, and presence.

Included in the price of your retreat is a Yoga Prop kit, which includes blankets, two wooden blocks, an 8' belt, and a carry-on case that can be checked on your return flight. Depending on the ticket class, there might be an airline charge for the additional bag, but this prop kit is yours, and I suggest you bring it home with you. The cost of these props in the USA is a couple hundred dollars.



The Ayurvedic center where we are staying has yoga mats, but they are communal, so if you want your mat, you must bring one from home (below is an Amazon link for a travel mat that I use), or I can have a new one waiting for you for \$50. Let me know your preference.

Jade Travel Yoga Mat



https://www.amazon.com/JadeYoga-Mat-Exercise-Lightweight-Excellent/dp/B01A9F5X70/ref=sr_1_43?crid=2RJA6MO09PAZS&dib=eyJ2IjojMSJ9.W9IyBrCrnEGF3ipLWvikEGIvwo_tOf7wGYVeNYOWFHXPo7exZW56FKqEWwxAzrsYD_GRzrqz4qijfXn-4yI-CYdwlLzoZknJs4PdoW5hqfCdeOooMAHqsmiPvRVkFyKYmcQt5_SZNIDt-R3JvDF4ggOwuAFhkeDQvRNKH_XB6EW5kSE4mFKvrxOaqdn49RnvAROF3Rs5_I_7P7GH2mbnb4PdDqpeXM05wctR2mrKKYpOxlPK_5bkm5USBt7WsG14bsmy2eeYCRLAFTyix9L4nKKiBJ5vikZMvBXcf1wro.bum.JYV20q-Wl8sK5S1OofXDxVi67jSsxbP5YICT5XRU&dib_tag=se&keywords=travel%2Byoga%2Bmats&qid=1713815324&sprefix=travel%2Byoga%2Bmats%2Caps%2C139&sr=8-43&th=1



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