

THREE SEASONS AYURVEDA



YOGA FOR ALLERGIES

IN-PERSON AND ONLINE POPUP CLASS



Sunday, April 27, 2025

12-1:30 pm

Iyengar Yoga Santa Monica

<https://www.iyengaryogasantamonica.com>

Popup Yoga Class

Spring is a time of rebirth in nature as we welcome the warmer, lighter, and more vibrant season. This transition is the ideal moment to cleanse the body of allergens that have accumulated during the cold, damp, and stagnant winter.

Join me for this Yoga Pop-Up; your class passes are welcome. I will guide you through a cleansing and grounding yoga practice blended with Ayurvedic principles for the season.

Medicinal chai tea will be served.



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