

# THREE SEASONS AYURVEDA



## **Ayurveda & Iyengar Yoga Retreat**

Kerala, India

October 31<sup>st</sup> – November 14<sup>th</sup>, 2021

### **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.

Included in this document is a “confidential” information and health history questionnaire with information I would like to receive before the trip. This information can be submitted down the road after you have your passport, visa and travel arrangements.

### **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 "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](http://www.threeseasonsayurveda.com)

[jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)

310-339-8639

#### **Payment Choices:**

Send Checks to address above.

No Charge Transfer: Venmo: [www.venmo.com/tsayurveda](https://www.venmo.com/tsayurveda)

No Charge Transfer: Zelle: [jeff@tsayurveda.com](mailto:jeff@tsayurveda.com) or 310-339-8639

Credit Card Payments: \$150 additional service charge

### **Retreat Pricing:**

#### **Single Occupancy**

**10-day Panchakarma Package ~ \$3,100**

**14-day Panchakarma Package ~ \$4,340**

#### **Double Occupancy (*per person*)**

**10-day Panchakarma & Rejuvenation Package ~ \$2,700**

**14-day Panchakarma & Rejuvenation Package ~ \$3,780**

### **Payment Policy:**

\$400 Non-refundable deposit required to reserve your spot.

First Payment - 50% - July 15th

Final Payment - 50% - September 1st

### **Cancellation Policy**

\$400 deposit is Non-Refundable

Up to July 15th: Full Refund

July 15<sup>th</sup> – August 31<sup>st</sup> : 50% Refund, after September 1<sup>st</sup>: No Refunds

### **Trip Insurance**

I 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 Travelex and World Nomads are reputable.

### **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, and it is best to arrange for this sooner than later because depending on your choice this process can take up to a month.

### **TWO EXTREMELY IMPORTANT ITEMS WHEN FILLING OUT YOUR APPLICATION:**

1. Make sure when applying you state that you are a ***TOURIST***.
2. Make sure to 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

### **Below are the three options for getting your visa:**

1. **EVisa:** Done on line and good for 6 months, you will receive a document to carry without sending you passport into the Indian Consulate for stamping and verification.
2. **Regular Visa** Application, good for 10 years. This one requires sending them your passport and takes a couple weeks and there are shipping charges.
3. Go to a **Passport and Visa service**. I have listed two companies below who will handle this process for you, but they have an additional charge plus the shipping.

### **Option #1 (EVisa)**

If you are going to India just for this trip and do not think you will be going back anytime soon then this is the best option. Go to: <https://www.evisastointia.org.in> and you will find a button that says “click here to apply for EVisa, you can enter in all of your information here. They will send you your visa document via email which you will carry separately with your passport and the cost of this \$100.

### **Option #2 (Regular Visa)**

Go directly through the Indian consultant (Fee: \$198 + shipping), this requires using two different websites and is bit time consuming. If you choose this option, contact the company below to start the process, and then at a certain point, they will direct you to the Indian consultant.

**Cocks & Kings Global Services CKGS** - (This company works directly with the Indian Consultant).

516-206-1463

[www.passport.in.ckgs.us](http://www.passport.in.ckgs.us)

### **Option #3 (Using a Service)**

You can go on line and search Passport and Visa services in your zip code and review your choices, but below is a company that has been used by many with excellent results. In some cases these companies will ask you to come to their offices. Prices for these services can range from \$100-\$300 depending on the urgency of getting the process done.

### **Airline Information**

There are many options getting to India, the airport you need to get to is Trivandrum International Airport "**TRV**". The most direct route (1-stop), with an excellent reputation and best price is on Emirates:

Departs: Los Angeles International @ 4:40pm

Arrives: Thiruvananthapuram (TRV) in India @ 3:10am

When booking a ticket to India remember there is a time /day change. If you want to arrive at your destination on November 3<sup>rd</sup> then you would be leaving LAX on November 1<sup>st</sup>, 2 days before. Please call the airlines, travel agent or me if you need assistance figuring your travel plans out.

### **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](mailto:sudarshanindiatour@gmail.com)

<http://sudarshanindiatour.com>

91-9758405056

### **Health Suggestions**

#### **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 or drugs for Kerala. I will say the only real consideration I have ever had in India has been air quality in the bigger cities but, where we are staying is very safe and healthy.

The first time I visited India I did update my immunizations per the doctor's suggestion, and did take malaria pills with me. I ended up not taking the pills because they made me very tired.

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](http://www.threeseasonsayurveda.com) ~ 310-339-8639 ~ [jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)