Ayurveda & Yoga Retreat

Manaltheeram Ayurvedic Resort

Kerala, India

October 31st – November 14th, 2021

View from the Restaurant

The Panchakarma Clinic

Manaltheeram Cottages

Panchakarma is the Ayurvedic purification and rejuvenation treatment that originated in India and has been practiced for thousands of years. This ancient procedure is done with the change of seasons or when there is an imbalance or illness and brings the body, mind, and spirit back into perfect harmony and balance with nature.

Kerala is the home of Ayurveda and is where this ancient science and practice originated 5000 years ago. There are a handful of facilities that offer Panchakarma treatments in this area, but my favorite is the Manaltheeram Ayurvedic resort and Panchakarma center (www.manaltheeram.com), located near the tip of India where the Indian Ocean, the Bay of Bengal and the Arabian Sea all meet.

Many people come to a facility like this for rejuvenation and weight loss programs, but most come for Panchakarma treatments. The first time I went through this process in India it was for seven days (rejuvenation process), then on my next trip for ten days (minimum for Panchakarma), and last time I stayed for three weeks. Each time I have gone through this incredible process, I have experienced a more in-depth physical, mental, emotional, and spiritual connection and presence.

When you arrive, you check into your cottage and meet your Ayurvedic medical doctor for evaluation. This doctor is your daily contact and directs your medical program during your stay. I will also monitor your schedule and be available for questions about your individualized process.

Each day you receive two-hours of Ayurvedic massages and treatments based on your health concerns, and there will be two-yoga, pranayama and meditation class's daily based on the teachings of BKS Iyengar and Ayurvedic principles. The remainder of your day is for personal time, resting, walks along the coast, sunbathing, and possible shopping or sightseeing in Kerala. In the evenings the facility offers India dance and, musical programs, and we will schedule talks on Ayurvedic subjects based on your input.

Your Daily Schedule:

7:30-9am: Meditation & Pranayama Class

9am-3pm: Breakfast, Therapies, Lunch and Free Time

3:00-5:00pm: Asana Class & Yogic Talks

6-9pm: Dinner, Indian Entertainment Programs

All the cottages have tile floors, screened windows, ceiling fans, Western bathrooms, Wi-Fi, daily maid service, room service and a private hammock right outside of your door. The resort restaurant faces the ocean, and once you know your constitution and prescription from your doctor, you have the choice of having your medicinal meals prepared by the kitchen or eating off the vast buffets labeled with which dishes are appropriate for each Dosha and constitution—very cool!

Traditional Panchakarma treatments range from 10 to 28 days and in the USA can cost upwards of $600 to $800 per day. Going to India does have the added expense of airfare (approximately $1000), but having this procedure done in India is very reasonable and is Ayurvedic heaven.

Ayurveda, or "Knowledge of Life," is the sister science of yoga, first documented in the Vedas around 5000 years ago, and for many is a daily physical and spiritual practice. I have found that bringing the knowledge of Ayurveda into my life has not only addressed specific medical concerns but also has added another layer to my spiritual path, which I would urge you to experience. Please join me in the beauty and amazement of India and undergo this life-changing process.

~ All Inclusive Prices ~

Includes: Private cottage with Wi-Fi, daily therapies & massages, two yoga, meditation and pranayama classes, organic Ayurvedic meals, all herbal medicines and teas, nightly India entertainment, Kerala sightseeing, transportation to/from the local airport in India.

Does Not Include Airfare from Your Destination

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 Plan
$400 Non-Refundable Deposit
First Payment 50%: July 15th
Final Payment 50%: September 1st

Cancellation Policy:
Up to July 15th - Full Refund
July 15th - August 31st - 50% Refund
After September 1st - No Refunds

Please contact me for more information and to reserve your spot, and I would welcome the opportunity to telling you more about Ayurveda and Panchakarma, and my experiences traveling in India.

Direct All Financial Correspondence To:

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Credit Card Payments: $150 additional service charge

Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage-Marma Therapist, AHG Herbalist, Certified Iyengar Yoga Instructor, IAYT and AyurYoga Therapist and Cordon Bleu Chef. threeseasonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com