

# THREE SEASONS AYURVEDA



## Three Season's Ayurveda & Yoga

[www.threeseasonsayurveda.com](http://www.threeseasonsayurveda.com)

Jeff Perlman began his exploration and studies of yoga in 1989 as a result of stress from a high-powered executive restaurant career and injuries suffered from running the New York marathon. Wanting to shift his focus inward, he explored many different schools of yoga, until finding the Iyengar system. The focus on the integration of mind, body & spirit had a profound influence on his awareness, presence of mind & ability to balance the various aspects of his daily life.



In 2005 he enrolled in their three-year teacher-training program, and has been teaching ever since. He has studied in Pune, India three times with the Iyengar family at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) and is a Certified Iyengar instructor.

While studying anatomy, he developed an interest in Ayurveda (The Indian Holistic Medical System) and graduated from the California College of Ayurveda as a Clinical Ayurvedic & Pancha Karma Specialist. He has advanced accreditation with Pulse Diagnosis, Herbology and is a certified Massage and Marma Therapist.

Three Seasons Ayurveda is a holistic medical practice started in Santa Monica, California in 2009. Jeff is a professional member of the National Ayurvedic Medical Association and has advanced accreditation in Pancha Karma and is a certified Massage and Marma therapist. Jeff is a certified level II Iyengar Yoga Instructor and currently teaches weekly classes and workshops. Jeff is a graduate of the Cordon Bleu in San Francisco and Le Norte Pastry Ecole in Paris, and teaches holistic cooking.

## **Yoga & Ayurveda Instruction**

Iyengar Yoga Institute, Los Angeles

Yoga Works, Los Angeles

The Jonathan Clubs, Los Angeles

Goorus Yoga, Pacific Palisades

Santa Monica Yoga, Santa Monica

Bhakti Yoga Shala, Santa Monica

Sivananda Los Angeles, Marina Del Rey

Live Yoga Wellness, Los Angeles

UCLA, Los Angeles

Rancho la Pureta, Tacate, Mexico

The Oaks, Ojai

[www.iyila.com](http://www.iyila.com)

[www.yogaworks.com](http://www.yogaworks.com)

[www.jc.org](http://www.jc.org)

[www.goor.us](http://www.goor.us)

[www.santamonicaayoga.com](http://www.santamonicaayoga.com)

[www.bhaktiyogashala.com](http://www.bhaktiyogashala.com)

[www.sivandhala.org](http://www.sivandhala.org)

[www.liveyogawellness.com](http://www.liveyogawellness.com)

[www.uclarecreation.com](http://www.uclarecreation.com)

[www.rancholapureta.com](http://www.rancholapureta.com)

[www.oaksspa.com](http://www.oaksspa.com)

## **Culinary Experience**

Along Came Mary Productions, Executive Chef

Maple Drive Restaurant, Executive Chef

Restaurant Muse, Executive Chef/Partner

Sony Studio, Executive Chef

Cambria Restaurant, Chef Owner

Beverly Prescott Hotel, Executive Chef

Restaurant Campanile, Sous Chef

Granita Restaurant, Pastry Chef

[www.alongcamemary.com](http://www.alongcamemary.com)

[www.sonypicturesstudios.com](http://www.sonypicturesstudios.com)

[www.kimptonhotels.com](http://www.kimptonhotels.com)

[www.restaurantcampanile.com](http://www.restaurantcampanile.com)

### **Culinary Teaching Experience**

Culinary Institute, Napa Valley, 1985  
Art Institute, Los Angeles, 1995  
Sur La Table, Los Angeles, 2010  
Rancho la Puerta, Tacate, Mexico 2014  
The Oaks of Ojai 2014, 2015  
Rufugio Kitchen of Paso Robles 2016

[www.ciachef.edu/california](http://www.ciachef.edu/california)  
[www.artinstitute.com](http://www.artinstitute.com)  
[www.surlatable.com](http://www.surlatable.com)  
[www.rancholapuerta.com](http://www.rancholapuerta.com)  
[www.oaksspa.com](http://www.oaksspa.com)  
[www.rufugio.com](http://www.rufugio.com)

### **Food & Wine Related Experience**

Franciscan Vineyards, Regional Manager, Napa Valley, CA  
Wine Dimensions, Winery Broker, Santa Monica, C  
Southern Wine & Spirits, Division Manager, Los Angeles, CA  
Cheese Shop of Beverly Hills, Manager, Beverly Hills, CA

### **Cooking Demonstration & TV Shows**

Entertainment Tonight for the Grammys  
Good Morning America for Emmy Awards

### **Education & Certification**

Santa Monica College, General Education & Nutrition, 1974  
American Culinary Federation Degree, Cordon Bleu, San Francisco 1992  
Advanced Pastry Degree, Lenotre Patisserie Ecole, Paris 1992  
Stagiaire, Auberge D' Ergal, Jours-Pontchartrain, France 1992-93  
Advanced Asian Cuisine Certificate, Culinary Institute of America, Napa Valley, 2004  
Three Year Teacher Training Program, BKS Iyengar Institute, Los Angeles, 2007  
Therapeutics Apprentice, "Ramamani Iyengar Memorial Yoga Institute" Pune, India 2007 / 2009 / 2013  
Ayurvedic Health Educator's Certificate, California College of Ayurveda, Nevada City, Ca. 2008  
500-Hour Teacher Training Certificate, Yoga Alliance, 2008  
Pulse Diagnosis Certificate, Ayurvedic Institute, New Mexico, 2009  
Ayurvedic Health Practitioner Certificate, California College of Ayurveda, Nevada City, Ca. 2009  
Ayurvedic Body Therapy Certificate, California College of Ayurveda, Nevada City, Ca. 2009  
Apprentice, "Ramamani Iyengar Memorial Yoga Institute" Pune, India 2007/2009/20011  
Clinical Ayurvedic Specialist, California College of Ayurveda, Nevada City, Ca. 2010  
Pancha Karma Specialist, California College of Ayurveda, Nevada City, Ca. 2010  
Certified Massage Therapist, California Massage Therapy Council 2010  
Certified Marma Therapist Certificate, Ayurvedic Institute, New Mexico, 2011  
Professional Member of National Ayurvedic Medical Association 2010  
Professional Member, California Ayurvedic Medical Association, 2012  
Certified Level II Iyengar Yoga Instructor 2011  
Himalayan Singing Bowl Certificate, Himalayan Singing Bowl Centre, Boudha Stupa, Nepal, 2012  
American Herbalist Guild Certification 2013  
Advanced Ayurvedic Body Therapy Certification, California College of Ayurveda, Nevada City 2013  
Iyengar Yoga Therapeutics Apprenticeship, Los Angeles, Ca. 2013-2014  
Ayuryoga Certification, Ayurvedic Institute, New Mexico, 2015  
Pranayama Intensive, Geeta Iyengar, Ramamani Iyengar Memorial Institute, Pune, India 2015