

## Referrals

### Practitioners, Schools, PK centers and Supplies

#### Practitioners listed north to south

Eleni Tsirikas – Los Angeles

Eleni was a student of mine at CCA, studied herbs with KP Khalsa and as deep yoga background.

<http://www.ayurvedanama.org/members/?id=40982812>

Jeff Perlman – Santa Monica

Jeff was a student of mine at CCA, chef and Iyengar Teacher.

He has studied extensively with Dr. Lad and in India.

<https://www.threeseasonsayurveda.com/>

The Sanctuary wellness center and yoga studio - Tustin

Ajita Patel was a student of mine at CCA and offers a complete wellness center.

<http://www.awakensanctuary.com/>

Medical Ayurveda Rejuvenation Center – Newport Beach

This is run by Dr. Soni. She has Bharathi, a BAMS from India working for her. They also offer Pancha Karma and Homeopathy.

<http://www.medicalayurveda.com/>

Niroga Ayurveda

Vidya Venkatesh was a student of mine at CCA and is very qualified.

<http://www.nirogaayurveda.com>

Green Lotus Wellness – Dana Point

Sandhiya Ramaswamy was a student of mine at CCA and is very qualified.

<http://greenlotuswellness.com/>

Ruben Vega - Mexico

Ruben was a student of mine at CCA, studied herbs with KP Khalsa and is a phycologist.

<https://www.facebook.com/bienestar.ayurveda.9>

Find an Ayurvedic Practitioner Elsewhere

<http://www.ayurvedanama.org/search/custom.asp?id=945>

Find a Registered Herbalist in the American Herbalist Guild

<http://www.americanherbalistsguild.com/member-profiles>

**PK centers:** Places consider for rejuvenation and pancha karma.

Blue sage sanctuary, Nevada City, CA

<http://www.bluesage-sanctuary.com/index.php>

Somatheeram in Kerala India

<http://www.somatheeram.org/>

## SUPPLIES

Mountain Rose Herbs – Western Herbs

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

Active Herbs – Chinese Herbs

<http://www.activeherb.com/chineseherbs/>

Banyan Botanicals – Ayurvedic Herbs

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

Medicated Oils

<http://www.trihealthayurveda.com/>

Ayurvedic Institute

<http://www.ayurveda.com/>

My Weigh iBalance i500 Digital Scale

Resolution: 500g x 0.1g

<http://www.thedigitalscale.com/my-weigh-ibalance-i500.html>

## SCHOOLS

### Ayurveda Schools

California College of Ayurveda

<http://www.ayurvedacollege.com/>

Ayurvedic Institute

<http://www.ayurveda.com/>

### Herbs Schools

Sage Country Herbs - Shana Lipner Grover – San Diego backcountry

<http://www.sagecountryherbs.com>

Green Wisdom Herbal Studies – Julie James – Long Beach

<http://www.greenwisdomherbalstudies.com/>

IIEI – KP Khalsa - online

<https://www.internationalintegrative.com/>