## Referrals

# Practitioners, Schools, PK centers and Supplies

## Practitioners listed north to south

Eleni Tsikrikas – Los Angeles Eleni was a student of mine at CCA, studied herbs with KP Khalsa and as deep yoga background. <u>http://www.ayurvedanama.org/members/?id=40982812</u>

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

The Sanctuary wellness center and yoga studio - Tustin Ajita Patel was a student of mine at CCA and offers a complete wellness center. <u>http://www.awakensanctuary.com/</u>

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

Niroga Ayurveda Vidya Venkatesh was a student of mine at CCA and is very qualified. <u>http://www.nirogaayurveda.com</u>

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

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/

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#### SUPPLIES

Mountain Rose Herbs – Western Herbs www.mountainroseherbs.com

Active Herbs – Chinese Herbs http://www.activeherb.com/chineseherbs/

Banyan Botanicals – Ayurvedic Herbs 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 <a href="http://www.greenwisdomherbalstudies.com/">http://www.greenwisdomherbalstudies.com/</a>

IIEI – KP Khalsa - online https://www.internationalintegrative.com/

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