



High Desert Yoga presents

# Funky Hips

## A Yoga Workshop

with Zoreh Afsarzadeh

# Sunday, June 25

# 2:30–5:30 PM



The workshop will increase space, strength, stability, and mobility in the joint between the pelvis and the femur, called the hip joint. This practice will make your hips happy and, for sure, less cranky and funky. The pelvis is a major storage area for tension and old emotions. Come, offer yourself relief, and take an accessible sequence of postures home to practice, keeping your hips happy and healthy so you can enjoy your life.

**\$55 plus tax (= \$59.02) pre-registered • \$65 plus tax (= \$69.75) at the door**



Zoreh, founder and director of High Desert Yoga, has been teaching yoga since 1985. She has deeply studied methodologies including Iyengar, Phoenix Rising Yoga Therapy, meditation, and the American Yoga College. Her teaching combines a delicate knowledge of the body that allows a compassionate spiritual expression of the postures to emerge. With her joyous personality, sense of humor, and passion for making yoga accessible to everyone, Zoreh creates a nurturing and safe environment for students to go deeper in their practice.

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