

Insomnia No More



Deep Relaxation Workshop

with Zoreh Afsarzadeh

Journey deep within with restorative yoga poses to ease the body, breathwork to calm the mind, and deep relaxation to melt away stress. This is the plan for this afternoon of deep rest. You will learn a simple sequence of yoga postures and breathing techniques that you can practice nightly, easing you into a restful night of sweet dreams. Yoga nidra guided meditation will complete the journey. Restful sleep is our birthright. You can easily make it possible for every organ of your body to enjoy deep rest, leading to vitality and resilience during your waking hours.



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.

Sunday, July 30, 2017

2:30–5:30 PM

\$55 plus tax (\$59.02) pre-registered

\$65 plus tax (\$69.75) at the door

High Desert Yoga

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