

High Desert Yoga presents

Restorative Yoga and The Chakras

with Zoreh Afsarzadeh

*Come, Come, whoever you are,
Wonderer, Worshipper, Lover of Leaving.
It doesn't matter ours is not a caravan of despair.
Come even if you have broken your vow a thousand times.
Come, yet again, come.*

-Rumi



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, August 6, 2017

2:30–5:30 PM

Eastern philosophy teaches that our bodies contain seven energy centers known as chakras. Within each chakra lies a universal spiritual life lesson, ones we must learn as we evolve into a higher consciousness. These life lessons direct us toward vibrant health, a state of balance and a greater awareness of what is. Understanding energy anatomy holds the key to true healing.

Join us for a delightful afternoon of inner investigations, contemplation, and easeful restorative yoga. The benefit of meditations on the chakras along with restful poses will release deep tension patterns, nourish your inner organs, clear your mind, and create inner space for new delight!

For all levels.

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

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

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