

Headaches

No More

Yoga & Wellness Workshop

with Zoreh Afsarzadeh



Sunday, September 10 2:30–5:30 PM



Zoreh, founder and director of High Desert Yoga, has been teaching yoga since 1985. She has deeply studied many 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.

Join us for an afternoon of self-empowerment, self-healing, and deep rest. This workshop will provide you with easy, practical tools to identify the triggers which cause you misery and rob you of the quality of life you deserve. You will learn step by step how to free up blocked energy, manipulating the energy gates related to head, neck, shoulders, and back. Correct alignment, a sequence of deeply relaxing restorative poses, and the help of the breath will bring calmness, dissolving and reducing inflammation and irritation of the nerve endings. This amazing sequence reduces the frequency and intensity of headaches and often gets rid of the pain altogether when you practice it at the very first sign of headache. This sequence has helped many with insomnia as well, bringing a state of relaxation that leads you to deep and peaceful sleep.

No prior experience in yoga is needed.

Please bring one hand towel, one wash cloth, and one pair of knee-high socks. All other props and the sequence are provided for you.

\$55 plus tax (\$59.13) pre-registered • \$65 plus tax (\$69.88) at the door

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