



High Desert Yoga presents

Healthy Liver

Yoga Poses to Detoxify

with Zoreh Afsarzadeh

Sunday, September 24

2:30–5:30 PM

The liver is a resilient organ, capable of decongesting and rebuilding itself if you reduce the burden on it. In this afternoon workshop, we will explore yoga postures that nourish the liver. Deep relaxation, meditation, and breath awareness will help bring calm to your being and offer support and ease to your liver. A healthy liver will help reduce inflammation; resolve headaches, skin rashes, and allergies; lower high blood pressure; and reduce impatience, frustration, and anger.

\$55 plus tax (= \$59.13) pre-registered • \$65 plus tax (= \$69.88) 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.

High Desert Yoga 4600 Copper Avenue NE Albuquerque, NM 87108
(505)232-9642 • www.HighDesertYoga.com