

Defeat Diabetes

WITH YOGA

with Zoreh Afsarzadeh

Sunday, October 8, 2017

2:30 – 5:30 PM

In this workshop you will learn simple, yet effective, yogic breathing techniques and postures that affect the function of your pancreas, stimulating and rejuvenating its capacity to produce insulin. These postures massage, tone, and squeeze the organs and nerves, and stimulate the circulatory system, which helps control diabetes and balance the endocrine system.

Please join Zoreh for a healing afternoon of yoga asana, breath, meditation, and deep rest. She will share the sequence of postures that helped her reverse a diagnosis of pre-diabetes and resolve many unbearable symptoms more than 5 years ago. Today Zoreh is enjoying the freedom of a vibrant healthy life without any medications.

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



Zoreh Afsarzadeh, 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.

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