

High Desert Yoga presents

# Winter Renewal with Yoga in Paradise

Yoga • Pranayama • Meditation • Deep Rest

Join Zoreh and Supriti for an exciting trip to Troncones, a tranquil and beautiful beach with the warm clear waters of the Pacific Ocean. Troncones is located 20 miles from the fabulous sleepy fishing village of Zihuatanejo. You will stay on the beach at Hacienda Eden ([www.edenmex.com](http://www.edenmex.com)) in a tastefully decorated ocean-front room with a private bath. You'll enjoy delicious seafood or vegetarian entrees prepared by a gourmet professional chef. Two yoga classes for all levels will be offered each day and will include asana (yoga poses), pranayama (breathwork), meditation, and deep relaxation.

There will be ample time for rest and quiet time, or to partake in many activities such as swimming and bird watching, eco-tours with special hikes to caves and a swimming hole, and a kayaking adventure on a nearby lagoon. Horseback riding, massage, shopping trips to Zihuatanejo, snorkeling at the beautiful Ixtapa Island, and deep sea fishing are other optional activities.

**November 25–December 2, 2017**



**\$1595.** Non-refundable deposit of \$595 due on registration.

Cost includes: yoga classes, two daily meals, double occupancy at Eden Resort, transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

**Supriti Kotler** is a lifelong devotee of yoga and has been teaching for more than 40 years. Her life and practice have been deeply influenced by her contact and study with B.K.S. Iyengar, the Iyengar family, and senior Iyengar instructors in Pune, India in 1979 and San Francisco in 1984. Supriti brings a knowledge of anatomy to her teaching from her 25 years of practice as a Massage Therapist. She is also a lover of poetry, delighting her students with readings from her favorite poets and spiritual masters. Supriti is registered with Yoga Alliance as an E-RYT 500.



**Zoreh Afsarzadeh**, 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. Zoreh's joyous personality and sense of humor endear her to her students with a teaching style that is both nurturing and fun. Her teaching draws on a delicate knowledge of the body that allows a compassionate spiritual expression of the postures to emerge. Zoreh has been hosting yoga and meditation retreats in many heavenly spots around the world for more than 20 years.

**[highdesertyoga.com/retreats](http://highdesertyoga.com/retreats) • (505)232-9642**

# Winter Renewal with Yoga in Paradise

November 25 to December 2, 2017

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ E-mail \_\_\_\_\_

TOTAL # OF PEOPLE IN YOUR PARTY: \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_

**\$1595 per person includes:**

Yoga classes, two daily meals, double occupancy at Eden Resort, transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

**\$595 non-refundable deposit due on registration.**

Balance due September 14, 2017.

To reserve a retreat space, send fee to Zoreh Afsar, PO Box 6100, Albuquerque, NM 87197.

Please make checks payable to Zoreh Afsar.

You may also pay online at [highdesertyoga.com](http://highdesertyoga.com) on our retreat page.

**Cancellations:**

Before September 14, 2017, a \$50 cancellation fee will be charged.

After September 14, 2017, cancellations will only be refunded, minus \$50 fee, if your place is filled from a waiting list.

**Contact us!**

Zoreh: [charliezoreh@yahoo.com](mailto:charliezoreh@yahoo.com) or (505) 232-9642