

Yoga Retreat with Elise & Zoreh



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. Zoreh's joyous personality and sense of humor endear her to her students with a teaching style that is both nurturing and fun, and her teaching combines 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.

Elise has studied in India with the Iyengars on numerous occasions, and is a Senior Certified Iyengar Teacher from Palo Alto, CA. She is a Founding Director of California Yoga Center in Mountain View, CA, and a faculty member at the Iyengar Institute in San Francisco. She teaches workshops and retreats throughout the US and internationally and specializes in scoliosis and other back issues. Elise has written numerous books and has recently released her new book, *Yoga for Scoliosis*.

February 22 – March 1, 2018

Join us 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. We will be staying at the resort Eden (www.edenmex.com), a beach hacienda with tastefully decorated oceanfront rooms, each with a private bath. Delicious seafood and vegetarian entrees will be served by a professional gourmet chef. Two yoga classes will be offered each day for all levels and will include asana, pranayama and meditation. Zoreh and Elise have extensive experience working with back issues and scoliosis.

There will be ample opportunity for rest and quiet time, or to partake in many activities such as swimming or bird watching, eco-tours with special hikes to caves, a swimming hole, or a kayaking adventure on a nearby lagoon. Horseback riding, massage, shopping trips to Ziwa, snorkeling at the beautiful Ixtapa Island and deep sea fishing are other optional activities. Price includes yoga classes, two daily meals, double occupancy at Eden Resort and transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

\$1695 double occupancy

Cost includes land transportation, and brunch and dinner each day.

\$695 non-refundable deposit holds your space.

Full payment is due by January 9, 2018.

www.highdesertyoga.com

www.ebmyoga.com



Yoga in Mexico with Zoreh Afsar and Elise Browning Miller, February 22 to March 1, 2018

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone () _____ E-mail _____

TOTAL # OF PEOPLE IN YOUR PARTY: _____

TOTAL ENCLOSED: _____

CHECK _____ MASTER CARD OR VISA _____ EXP DATE _____ 3-DIGIT SECURITY CODE _____

\$1695 per person includes: Double occupancy ocean front room, transportation to & from airport, breakfast & dinner, and all yoga sessions. \$695 non-refundable deposit hold your space. Full payment is due January 9, 2018. Private room accommodations are additional \$385 per week.

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

Cancellations: Before January 19, 2018, a \$50 cancellation fee will be charged. After January 19, 2018, cancellations will only be refunded—minus \$50 fee—if your place is filled from a waiting list.

Contact us Zoreh: e-mail charliezoreh@yahoo.com • phone (505) 232-9642
 Elise: e-mail elise@ebmyoga.com • phone (650) 493-1254