

# Costa Rica Yoga & Wellness Retreat

with Zoreh Afsarzadeh & Elise Browning Miller

## May 28-June 10, 2018

Join Zoreh and Elise for a memorable week of great yoga and exploration at Villa Blanca Cloud Forest Hotel and Nature Reserve, located amidst the awe-inspiring beauty of the Los Angeles Private Cloud Forest Reserve. Rolling green pastures lead you into the Hotel and Reserve, revealing layers of exotic trees dripping with life. Along with world-class surfing and our top-quality yoga classes, numerous activities and adventures await you including snorkeling, horseback riding, canopy zip-lining, birding, and hiking to nearby waterfalls or through the nature reserve.

Two yoga classes will be offered each day for beginning and intermediate students and will include asana, pranayama, and meditation. There will be ample opportunities for rest and quiet time, or to partake in the many available activities. Villa Blanca's El Sendero Restaurant offers Costa Rica's local fruits and vegetables and creative vegetarian cooking or fish and seafood bought from local fisherman.

**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 as well as sports related injuries. Elise has written numerous books and has recently released her new book, Yoga for Scoliosis - A

Path for Students & Teachers. Elise's joyous personality and ease of communication endear her to students with a teaching style that is down-to-earth, precise, and nurturing.

**\$1985**

includes yoga classes, double occupancy accommodation, land transport, breakfast, first & last night dinners.

\$985 non-refundable deposit; balance due by April 1, 2018.



**Registration & Info**

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www.highdesertyoga.com • www.ebmyoga.com  
www.villablanca-costarica.com

# Costa Rica Yoga & Wellness Retreat

May 28 to June 10, 2018

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

## **\$1985 per person includes:**

- All yoga, pranayama, and meditation sessions
- Double occupancy at Villa Blanca Cloud Forrest Hotel
- Daily breakfast/brunch
- First and last night dinners
- Transportation to and from San José airport to resort

## **\$985 non-refundable deposit due on registration.**

- Balance due April 1, 2018
- 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 register and pay online at [highdesertyoga.com/retreats](http://highdesertyoga.com/retreats).

## **Cancellations:**

- Before April 11, 2018 a \$50 cancellation fee will be charged.
- After April 11, 2018 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) + (505) 232-9642
- Elise: [elise@ebmyoga.com](mailto:elise@ebmyoga.com) + (650) 493-1254