

GOLDEN GLOW

Relaxation and Deep Self Care Yoga Retreat in Taos

ZOREH & AVERY

Oct. 20, 21, 22 2017
at BLUE SKY RETREAT
at the historic

Zoreh, founder

and director of High Desert Yoga, is a certified yoga therapist, yoga and meditation teacher. With her joyous personality, good 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. She has been hosting yoga treats throughout the country and world for the past 20 years.



Avery Kalapa

eRYT500 holds advanced certifications in hatha yoga, and has been teaching since 2004. She studies and is inspired by the Iyengar approach, Patanjali's Sutras, experiential anatomy, and Vipassana meditation. Avery is a fan of stability, subtle alignment, & accessibility, and brings a rich, creative, reverence to classes. Avery teaches regularly at High Desert Yoga, blogs about yoga at averykalapa.com and you can find her on facebook at Yoga with Avery.



Unveil your Luminous Self at this deeply rejuvenating Yoga Retreat in magical Taos, NM. Let go of the burdens that prevent you from feeling fully present, alive, and joyful. Enjoy two nights at the gorgeous San Geronimo Lodge (sangeronimolodge.com), including festive catered dinners each night, and a gourmet brunch each morning. Expand your inner horizons with superb Yoga and Meditation sessions with Zoreh and Avery: practice both active and restorative yoga. Lavish in ample rest and quiet time, book a massage, partake in nurturing activities: journaling, stargazing, hiking and exploring Taos. Soak in the Black Rock Hot Springs; become enchanted on the shores of the Rio Grand River. We will close the retreat with a playful ceremony. Emerge refreshed and renewed, ready to fully embrace your life.

Register at

highdesertyoga.com

email

yogainfo@highdesertyoga.com

or call

505.232.9642

\$590 for Double Occupancy.

\$620 for Single Occupancy Limited option for Triple Occupancy, inquire for availability. Nonrefundable deposit of \$250 due upon registration. Price does not include tax.

Cost includes accommodations, Friday and Saturday dinner, brunch each morning, and all yoga and meditation sessions.

