

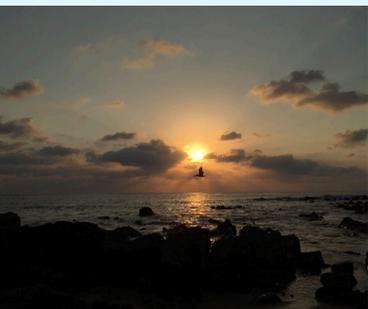
# Rejuvenating Yoga Retreat

with Elise Miller and Zoreh Afsarzadeh in Mexico

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](http://www.edenmex.com)), a beach hacienda with tastefully decorated ocean-front room, each with a private bath. Delicious seafood and vegetarian entrees will be prepared by a professional gourmet chef. Two yoga classes for all levels will be offered each day 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, 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.

February 21 to 28, 2019



**\$1695.** Non-refundable deposit of \$695 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.

**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 Mountainview, CA and a faculty member at the Iyengar Institute in San Francisco. Elise teaches workshops and retreats and internationally and specializes in scoliosis and other back issues. She has written numerous books and has recently released her new book *Yoga for Scoliosis*.



**Zoreh**, founder and director of High Desert Yoga, has been teaching yoga since 1985. She has studied many methodologies in-depth, 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

# Rejuvenating Yoga Retreat

February 21 to 28, 2019

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

**\$1695 per person includes:**

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

**\$695 non-refundable deposit due on registration.**

Balance due January 8, 2019.

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 January 18, 2019, a \$50 cancellation fee will be charged.

After January 18, 2019, cancellations will only be refunded, minus \$50 fee, if your place is filled from a waiting list.

**Contact us!**

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

Elise: [elise@ebmyoga.com](mailto:elise@ebmyoga.com) or (650) 493-1254