

Rejuvenating Yoga Retreat

Troncones, México

with Elise Miller and Zoreh Afsarzadeh

February 18 – 25, 2021



Join us for an inspiring trip to Troncones, a tranquil and beautiful beach, with warm clear waters of the Pacific Ocean. Troncones is located 20 miles from the fabulous sleepy fishing village of Zihuatanejo. We will be staying on Manzanilla Bay, the most protected and beautiful beach in Troncones at the Resort Eden and Los Raqueros which are in close proximity to each other. Both offer oceanfront rooms and bungalows as well as air-conditioned suites. Enjoy delicious, healthy seafood and vegetarian entrees prepared by professional gourmet chefs. Each day, two yoga classes (all levels) including asana, pranayama and meditation will be offered at Yoga del Pacifico, a short walk on the beach from both resorts. Zoreh and Elise have extensive experience working with therapeutics including scoliosis.

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



~~\$1795.~~ Non-refundable deposit of \$795 due upon registration.

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

Zoreh, founder and director of High Desert Yoga, has been teaching yoga since 1985. For more than 20 years Zoreh has hosted yoga and meditation retreats in heavenly spots around the world, including the beautiful outdoor studio, Yoga del Pacifico, she and her husband Charlie created on the beach in Troncones, Mexico. 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 an authentic spiritual expression of the postures to emerge.

Elise is a Senior Certified Iyengar Teacher from Palo Alto, CA and has studied in India with the Iyengars on numerous occasions. She is a founding director of California Yoga Center in Mountainview, CA, a faculty member at the Iyengar Institute in San Francisco, and teaches workshops and retreats across the U.S. and internationally. Elise is well-known for her knowledge of scoliosis and other back issues, and has written numerous books; her recently released new book is *Yoga for Scoliosis, A Path for Students and Teachers*.

highdesertyoga.com/retreats • (505)232-9642

Rejuvenating Yoga Retreat

February 18 to 25, 2021

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ E-mail _____

TOTAL # OF PEOPLE IN YOUR PARTY: _____

TOTAL ENCLOSED: _____

\$1795 per person includes:

Yoga classes, two daily meals, double occupancy at Resort Eden (www.edenmex.com) or Los Raqueros (www.raqueros.com), and transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

Additional \$435 for single occupancy.

\$795 non-refundable deposit due on registration.

Balance due January 5, 2021.

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 on our retreat page.

Plan to arrive Thursday, February 18 afternoon and leave Thursday, February 25 after 12 noon. The last class ends at 9:30 am.

Cancellations:

Before January 5, 2021, a \$50 cancellation fee will be charged.

After January 5, 2021, cancellations will only be refunded, minus \$50 fee, if your place is filled from a waiting list.

Contact us!

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

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