



High Desert Yoga presents:

Creating & Sustaining a Home Practice

with Zoreh



Sunday, July 8, 2012

2–5 pm

For all levels

Fee: \$45

Zoreh, founder and director of High Desert Yoga in Albuquerque for the past 12 years, is a certified Yoga Therapist as well as a Siddha Yoga meditation teacher. Zoreh's background in Sufism and Yoga creates a bridge to these ancient paths. With her joyous personality, good sense of humor, and passion for making yoga accessible to everyone, Zoreh creates a safe and nurturing environment for students to go deeper in their practice. Zoreh has been hosting yoga retreats in Mexico and around the country for eight years.

A PRACTICAL, hands-on workshop to help you create a home practice that is inspiring, energizing, and relaxing. You will be offered several different sequences to meet your needs and a syllabus of poses to help you design your own custom practice. We will cover topics like: what is a home practice? Why practice outside of class? With clear intention and self-inquiry, you will be able to create a sequence that flows from your own heart, in harmony with Nature's rhythms.

\$50 at the door.

Held at:
High Desert Yoga
4600 Copper NE
@ Jefferson

**Call 232-9642
to register.**



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