



# Yoga Retreat in Jemez Springs

*with Zoreh & Heather*



**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 15 years.

**Heather's** lifelong interest in nature, Eastern Philosophy, and holistic health led her to a practice of yoga at an early age, yoga training and becoming a Doctor of oriental medicine. She teaches students to delve deeply into unexplored parts of themselves through an integrated approach with the power of breath, body and intention.

**April 27-29, 2012**  
**Friday - Sunday**

**Join us** for a rejuvenating escape from the city to the transformative ambience of the Jemez Springs. We will be staying at the beautiful Canyon del Rio bed and breakfast.

We will start the day with meditation, breathwork and yoga practice inside near the Jemez River, surrounded by the majesty of towering cliffs.

After a delicious breakfast, there will be plenty of time for solitary or group activities like soaking in healing hot springs, visiting the Canyon del Rio Spa, hiking, tours at the Valles Caldera, bicycling and more... As the sun sets, we will be renewed and reenergized by a relaxing yoga class. Dinner will be prepared by an amazing gourmet chef and served in the Great Room by the fireplace.

Sound too good to miss?  
Then plan on joining us!

**\$295 double occupancy\***

**if paid by 4/15 after \$325**  
cost includes accommodations, dinner on Friday, breakfast, all classes. Private rooms available at extra cost. Deposit of \$50 due by January 6. The retreat starts at 4:30pm Friday.  
**(505) 232-9642**

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**www.highdesertyoga.com**

Space is  
limited. Call  
232-9642 now  
to register

