



Escape to Taos..

*a Yoga Retreat
with Zoreh & Heather*



August 2–5, 2012

Join us for a **rejuvenating yoga retreat** to Taos, NM, a tranquil and beautiful desert mountain town. We will enjoy three nights at the San Geronimo Lodge historic bed and breakfast. It is located only a short walk from the historic center of Taos with world class shopping and dining. Delicious breakfast entrees will be served by a gourmet professional chef. Two yoga classes will be offered each day and will include asana/poses, breathwork and meditation. There will be ample opportunities for rest and quiet time, or to partake in many activities such as journaling, bird watching, stargazing, hiking and exploring Taos. Take a trip to the Black Rock Hot Springs or become enchanted on the shores of the Rio Grand River. We will have the opportunity for Ayurvedic massage and cleansing food for lunch at an Earthship community prepared by Tizia from Auromesa, an holistic health center dedicated to traditional Ayurvedic practices.

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.

**To register,
email or call:**
**yogainfo@high-
desertyoga.com**
(505) 232-9642

\$455 double occupancy

cost includes accomodations,
first night's dinner, breakfast, lunch at aeromesa
and all classes.

Single occupancy: \$525

\$200 non-refundable depos due
by May 1st, 2012



**www.
highdesertyoga
.com**