



Magical Yoga Retreat: Mexico

with Zoreh Afsar & Elise Browning Miller

Friday, March 2 to Friday, March 9, 2012

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 for 15 years around the country, in Mexico, South America, and India.

Elise has studied in India with the Iyengars on numerous occasions, and is now a Senior Certified Iyengar Yoga teacher from Palo Alto, CA. She is a Founding Director of California Yoga Center in Mountain View, CA., and a faculty member at the Iyengar Yoga Institute in San Francisco. She teaches Workshops and Retreats throughout US and internationally. She co-authored "Yoga: Anytime, Anywhere". Elise specializes in Scoliosis, lower/upper back problems & sports related injuries.

Join us for an exciting 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 at the resort Eden (www.edenmex.com), a beach hacienda with ocean front rooms decorated tastefully, each with a private bath. Delicious seafood and vegetarian entrees will be served by a gourmet professional chef. Two separate yoga classes will be offered each day for beginning and intermediate students and will include asana, pranayama and meditation. There will be ample opportunities for rest and quiet time, or to partake in many activities such as swimming, surfing, kayaking, and bird watching. Also eco-tours are available with special hikes to caves, a swimming hole and also a kayaking adventure on a nearby lagoon. Horseback riding, massage, shopping trips to Ziwa, snorkeling at the beautiful Ixtapa Island, and deep sea fishing are other optional activities. Price includes yoga classes, two daily meals, double occupancy at Eden Resort, transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

To register, email or call:

**charlieyoreh@yahoo.com
(505) 232-9642**

\$1595 double occupancy

cost includes accomodations, land transport, day trips, dinner, breakfast and all classes.

\$595 non-refundable deposit due now.

Balance due by Jan. 10, 2012.



www.highdesertyoga.com
www.ebmyoga.com