



# YOGA IN MEXICO

## February 27th - March 6th 2010

with  
**Zoreh Afsar**  
and  
**Elise Browning Miller**

**J**oin 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](http://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, bird watching and hiking. 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.

**\$1,495.00**

**Extend your stay for a second week of March 6-14th, 2010  
with Dean Lerner & Elise Miller and receive a special 2nd week price of \$1395**

A non-refundable deposit of \$495 for 1 week and \$890 for 2 weeks  
is due by August 1, 2009 per person, to reserve your space.

Balance of payment is due January 10, 2010. Please send deposit to:

**Zoreh Afsar / PO Box 6100 Albuquerque, NM 87197**

**Email: [charliezoreh@yahoo.com](mailto:charliezoreh@yahoo.com) / (505) 232-9642 or [elise@ebmyoga.com](mailto:elise@ebmyoga.com) / (650) 493-1254**

**YOGA IN MEXICO WITH ZOREH AFSAR & ELISE BROWNING MILLER**      **February 27th-March 6th, 2010**

Name \_\_\_\_\_ Email: \_\_\_\_\_

Address \_\_\_\_\_ Age: \_\_\_\_\_ Female or Male \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone #: \_\_\_\_\_

Total # of people in your party: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

\$1,495.00 per person includes: Double occupancy ocean front room; transportation to and from airport; breakfast & dinner; all Yoga Sessions. Private room accommodations are additional \$360.00 per week.  
A non-refundable deposit of \$495.00 for 1 week and \$890.00 for 2 weeks is due Aug. 1st 2009. Balance of payment is due January 10th 2010.

To reserve a workshop space, send fee to Zoreh Afsar. Please make checks payable to Zoreh Afsar  
Mail to: PO Box 6100, Albuquerque, NM 87197. Cancellations: Before Jan 20th 2010, a \$30 cancellation fee will be charged.  
After Jan 20th 2010, cancellations will only be refunded—minus \$30 fee—if your place is filled from a waiting list.

For more information, call Zoreh Afsar at (505) 232-9642, email: [charlieyoreh@yahoo.com](mailto:charlieyoreh@yahoo.com)  
or call Elise Miller at (650) 493-1254, fax 650-857-0925, email: [elise@ebmyoga.com](mailto:elise@ebmyoga.com)

Flyer also on website: [www.ebmyoga.com](http://www.ebmyoga.com)

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**PO Box 6100**  
**Albuquerque, NM 87197**

**Elise Browning Miller, M.A.** in *Therapeutic Recreation* - is a founding director of the California Yoga Center in Mountain View, CA. She is a senior certified Iyengar yoga teacher who has taught yoga throughout the country since 1976. Elise teaches special workshops on scoliosis, leads yoga retreats internationally and see students privately for scoliosis, other back problems and sports related injuries. Her book, *Yoga: Anytime, Anywhere*, and her "Yoga for Scoliosis" video (VHS or DVD) with booklet and "Yoga for Back Care" and a new DVD, "Intermediate Yoga in Fiji" are available for sale at the workshop and online: [www.ebmyoga.com](http://www.ebmyoga.com)

**Zoreh Afsar**, 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 nice bridge to these two 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 yoga practice. Zoreh has been hosting yoga retreats in Mexico for the past 8 years and relishes such a magical setting to encourage students along their spiritual journey.

