



# Magical Yoga Retreat: Mexico

with Dean Lerner & Elise Browning Miller

March 5th–March 12th, 2011



**Dean Lerner**, a certified Advanced Iyengar instructor, is co-director of the Center for Well-being in Lemont, Pennsylvania and teaches workshop across the United States. He is a longtime student of B.K.S. Iyengar and served a four-year term as president of the Iyengar National Association of the United States. He leads intensive and teacher training workshops across the country and internationally. Dean is known for his ability to share the art of yoga with clarity and precision blended with warmth and humor.

**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](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 eco-tours to a special hiking and swimming hole and Kykinga, the 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.**

Extend your stay for a second week of **Feb 26-March 5th, 2011** with Zoreh Afsar & Elise Miller and receive a special 2nd week price of \$1495

**\$595 non-refundable deposit for one week and \$990 if attending both Zoreh and Elise's workshop Feb 26-March 5th and Dean and Elise's workshop; due immediately. Balance due by Jan. 10, 2011.**



[www.highdesertyoga.com](http://www.highdesertyoga.com)

[www.ebmyoga.com](http://www.ebmyoga.com)

**Yoga in Mexico with Dean Lerner and Elise Browning Miller, March 5th to March 12th, 2011**

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

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_

TOTAL # OF PEOPLE IN YOUR PARTY: \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_

CHECK \_\_\_\_\_ MASTERCARD OR VISA \_\_\_\_\_ EXP DATE \_\_\_\_\_ 3-DIGIT SECURITY CODE \_\_\_\_\_

\$1595 per person includes: Double occupancy ocean front room, transportation to & from airport, breakfast & dinner, and all yoga sessions. \$595 non-refundable deposit for one week and \$990 if attending both Zoreh and Elise's workshop Feb 26–March 5th and Dean and Elise's workshop; due immediately; balance due January 10, 2011. Private room accommodations are additional \$360 per week.

To reserve a retreat space, send fee to Zoreh Afsar, PO Box 6100, Albuquerque, NM 87197. Please make checks payable to Zoreh Afsar.

Cancellations: Before Jan 20th, 2011, a \$50 cancellation fee will be charged. After Jan 20th, 2011, cancellations will only be refunded—minus \$50 fee—if your place is filled from a waiting list.

Contact us! Zoreh: Email [charlieyzoreh@yahoo.com](mailto:charlieyzoreh@yahoo.com), (505) 232-9642. or call Elise at (650) 493-1254; email [elise@ebmyoga.com](mailto:elise@ebmyoga.com).