



Magical Yoga Retreat: Mexico

with Zoreh Afsar & Elise Browning Miller

Feb 26–March 5, 2011



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 and in South America. She also offers retreats in Thailand this year. Look for her retreat in Greece in 2012!

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, 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:

**charliezoreh@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 March 5–12th, 2011 with Dean Lerner & Elise Miller and receive a special 2nd week price of \$1495

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



www.highdesertyoga.com

www.ebmyoga.com

Yoga in Mexico with Zoreh Afsar and Elise Browning Miller, February 26th to March 5th, 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 and Dean and Elise's workshop March 5-12; 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, (505) 232-9642. or call Elise at (650) 493-1254; email elise@ebmyoga.com.