

Rejuvenating Yoga Retreat

Troncones, México

with Elise Miller and Zoreh Afsarzadeh

February 20 – 27, 2020



Join us for an inspiring trip to Troncones, a tranquil and beautiful beach with the 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 tastefully decorated ocean-front room, each with a private bath. We'll enjoy delicious, healthful seafood and vegetarian entrees, prepared by a professional gourmet chef. Each day two yoga classes for beginning and intermediate students will be offered, including asana, pranayama and meditation. Zoreh and Elise have extensive experience working with back issues and scoliosis.

There will be ample opportunity for rest and quiet time, or to partake in many activities such as swimming, bird watching, eco-tours with special hikes to caves and a swimming hole, and a kayaking adventure on a nearby lagoon. Horseback riding, massage, shopping trips to Zihuatanejo, a boat trip to beautiful Ixtapa Island with snorkeling, and deep sea fishing are other optional activities.



\$1695. Non-refundable deposit of \$695 due on registration.

Cost includes: yoga classes, two daily meals, double occupancy at Eden Resort, transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

Zoreh, founder and director of High Desert Yoga, has been teaching yoga since 1985. For more than 20 years Zoreh has hosted yoga and meditation retreats in heavenly spots around the world, including the beautiful outdoor studio, Yoga del Pacifico, she and her husband Charlie created on the beach in Troncones, Mexico. Zoreh's joyous personality and sense of humor endear her to her students with a teaching style that is both nurturing and fun, and her teaching combines a delicate knowledge of the body that allows an authentic spiritual expression of the postures to emerge.

Elise is a Senior Certified Iyengar Teacher from Palo Alto, CA and has studied in India with the Iyengars on numerous occasions. She is a founding director of California Yoga Center in Mountainview, CA, a faculty member at the Iyengar Institute in San Francisco, and teaches workshops and retreats across the U.S. and internationally. Elise is well-known for her knowledge of scoliosis and other back issues, and has written numerous books, her most recently released book is *Yoga for Scoliosis*.

highdesertyoga.com/retreats ♦ (505)232-9642

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Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ E-mail _____

TOTAL # OF PEOPLE IN YOUR PARTY: _____

TOTAL ENCLOSED: _____

\$1695 per person includes:

Yoga classes, two daily meals, double occupancy at Eden Resort, transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

\$695 non-refundable deposit due on registration.

Balance due January 7, 2020.

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

Please make checks payable to Zoreh Afsar.

You may also pay online at highdesertyoga.com on our retreat page.

Cancellations:

Before January 17, 2020, a \$50 cancellation fee will be charged.

After January 17, 2020, cancellations will only be refunded, minus \$50 fee, if your place is filled from a waiting list.

Contact us!

Zoreh: charlieyoreh@yahoo.com or (505) 232-9642

Elise: elise@ebmyoga.com or (650) 493-1254