

Yoga Wall Ropes Workshop

Let me show you the ropes!



with Zoreh Afsarzadeh

Sunday, February 3 2:30–5:30 PM

Wall ropes allow you to experience the asanas at a deeper level, opening and creating space in the body. The fundamentals of yoga can be accessed easily and effectively with the aid of wall ropes. The support of the ropes helps you experience directly how to extend the spine, take the load off the joints, improve alignment, and enjoy backbends and inversions. Wall ropes can provide a gateway to an upside-down world where flight is the norm and safely take you to physical and emotional places that you have never been before!

\$55 (plus tax) pre-registered • **\$65** (plus tax) at the door



Zoreh, founder and director of High Desert Yoga, has been teaching yoga since 1985. She has studied many methodologies in depth, including Iyengar, Phoenix Rising Yoga Therapy, meditation, and the American Yoga College. Her teaching combines a delicate knowledge of the body that allows a compassionate spiritual expression of the postures to emerge. With her joyous personality, sense of humor, and passion for making yoga accessible to everyone, Zoreh creates a nurturing and safe environment for students to go deeper in their practice.

High Desert Yoga

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