

High Desert Yoga presents

# YOGA IN MEXICO!

## Yoga & Wellness Retreat with ZOREH and AVERY Asana, Pranayama, Meditation, Deep Relaxation and Play November 24 - December 1, 2018

Join us for an exciting trip to Troncones, a tranquil and beautiful beach on 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 Hacienda Eden, a beach hacienda with tastefully decorated oceanfront rooms, each with a private bath. Delicious seafood and vegetarian entrees will be served by a gourmet professional chef.

Two deeply rejuvenating yoga sessions will be offered each day for all levels and will include asana (yoga poses), pranayama (breathwork), meditation, chanting, and Yoga Nidra (Deep Relaxation).

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

**\$1595 for double occupancy**

**Non-refundable deposit of \$595 due upon registration.**

*Cost includes: yoga classes, two daily meals, double occupancy at Eden Resort, and transportation to and from Zihuatanejo/Ixtapa airport to the retreat site. Retreat begins at 6pm, November 24, 2018.*

**[highdesertyoga.com/retreats](http://highdesertyoga.com/retreats) • (505)232-9642**



**Zoreh Afsarzadeh**, 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. 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 a compassionate spiritual expression of the postures to emerge. Zoreh has been hosting yoga and meditation retreats in many heavenly spots around the world for more than 20 years.

**Avery Kalapa**, ERYT-500, holds advanced certifications in yoga, and has been teaching since 2004. She is training in the Iyengar Yoga, and is inspired by Patanjali's Sutras, experiential anatomy, and Vipassana meditation. Avery is a fan of stability, subtle alignment, & accessibility, and brings a rich, creative, reverence to classes. Avery teaches regularly at High Desert Yoga, blogs about yoga at [averykalapa.com](http://averykalapa.com) and you can find her on facebook at Yoga with Avery.



# Yoga in Mexico

November 24 to December 1, 2018

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone (    ) \_\_\_\_\_ E-mail \_\_\_\_\_

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

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

**\$1595 per person includes:**

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

**\$595 non-refundable deposit due on registration.**

Balance due September 13, 2018.

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](http://highdesertyoga.com) on our retreat page.

**Cancellations:**

Before September 13, 2018, a \$50 cancellation fee will be charged.

After September 13, 2018, cancellations will only be refunded, minus \$50 fee, if your place is filled from a waiting list.

**Contact us!**

Zoreh: [charliezoreh@yahoo.com](mailto:charliezoreh@yahoo.com) or (505) 232-9642