

High Desert Yoga presents

Restorative Yoga and The Chakras

with Zoreh Afsarzadeh

*Come, Come, whoever you are,
Wonderer, Worshipper, Lover of Leaving.
It doesn't matter ours is not a caravan of despair.
Come even if you have broken your vow a thousand times.
Come, yet again, come.*

-Rumi



Zoreh Afsarzadeh, founder and director of High Desert Yoga, has been teaching yoga since 1985. In addition to teaching weekly asana classes and private sessions for the general population, co-directing the Yoga Teacher Training program, and hosting yoga and meditation retreats around the world, Zoreh leads weekend workshops on a wide variety of topics in yoga and well-being. Zoreh's upbringing in Iran started her on the path of Sufism, meditation, and spirituality, and during her lifetime, she has studied numerous methodologies including Iyengar, Phoenix Rising Yoga Therapy, Siddha yoga, and that of 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 authentic expression of the postures to emerge.

Sunday, September 29, 2019

2:30–5:30 PM

Eastern philosophy teaches that our bodies contain seven energy centers known as chakras. Within each chakra lies a universal spiritual life lesson, ones we must learn as we evolve into a higher consciousness. These life lessons direct us toward vibrant health, a state of balance and a greater awareness of what is. Understanding energy anatomy holds the key to true healing.

Join us for a delightful afternoon of inner investigations, contemplation, and easeful restorative yoga. The benefit of meditations on the chakras along with restful poses will release deep tension patterns, nourish your inner organs, clear your mind, and create inner space for new delight!

For all levels.

\$55 plus tax pre-registered

\$65 plus tax at the door

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