



High Desert Yoga presents

TAOS Yoga and Wellness RETREAT

with Zoreh Afsarzadeh and Kim Schwartz



October 4, 5 & 6, 2019

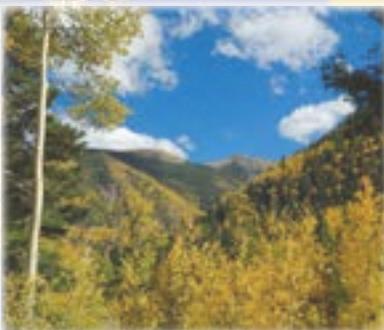
Join Zoreh and Kim for this deeply rejuvenating Yoga Retreat in magical Taos, New Mexico.

Let go of the burdens that prevent you from feeling fully present, alive, and joyful. Enjoy two nights at the gorgeous San Geronimo Lodge (sangeronimolodge.com), including festive catered dinners each night, and a gourmet brunch each morning. Expand your inner horizons with meditation and both active and restorative yoga sessions with Zoreh and Kim. There will be ample rest and quiet time to book a massage or partake in nurturing activities such as journaling, stargazing, hiking and exploring Taos. Soak in the Black Rock Hot Springs and become enchanted on the shores of the Rio Grande River. Emerge refreshed and renewed, ready to fully embrace your life.

\$590* Double Occupancy • \$649* Single Occupancy
Triple Occupancy: inquire for availability.

Non-refundable deposit of \$250* due on registration. **plus tax*

Cost includes accommodations, Friday & Saturday dinner, brunch each morning, and all yoga and meditation sessions.



Zoreh Afsarzadeh, founder and director of High Desert Yoga, has been teaching yoga since 1985. 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. For more than 20 years she 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 a compassionate spiritual expression of the postures to emerge.

Kim Schwartz has studied and taught Hatha Yoga for more than four decades. His lifelong passion for mystical truth led him to become ordained as a swami of the Temple of Kriya in Chicago. He was elevated to the position of Maha Swami in the Kriya lineage, enabling him to ordain others as swamis. Kim was director of the Temple's Hatha Yoga Teacher Training Program before moving to New Mexico, where he continues to lead High Desert Yoga's Teacher Training Program. Kim is recognized by many well-known yoga instructors both as a "master of his art" in personal practice and as a true "teacher's teacher," one with the ability to communicate the timeless truths of yoga on many levels to fellow instructors in a way that enables them to pass this wisdom on to their own students. He is registered with Yoga Alliance as E-RYT 500 and YACEP.

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