

YOGA IN MEXICO!

Yoga & Wellness Retreat
with ZOREH and AVERY

Asana, Pranayama, Meditation, Deep Relaxation and Play
November 30 – December 07, 2019

Join us for an exciting trip to Troncones, a tranquil, gorgeous beach by 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 down to earth, luxury beach hacienda with beautiful oceanfront rooms, each with a private bath. Delicious seafood and vegetarian entrees will be served by local gourmet professional chefs.

Two deeply rejuvenating yoga sessions will be offered each day for all levels and will include asana (yoga poses), pranayama (breathwork), meditation, yoga philosophy, chanting, and Yoga Nidra (Deep Relaxation). Establish yourself in the healing transformation yoga provides, and prepare to glow!

There will be ample opportunities for rest and quiet time, or to play in the ocean; wonderful swimming and bird watching! Eco-tours with special hikes to caves, an emerald green swimming hole, and a kayaking adventure on a nearby lagoon are available. Horseback riding, massage, shopping trips to Zihuatanejo, SUP, snorkeling at the beautiful Ixtapa Island, and deep sea fishing are other optional activities.

\$1650 for double occupancy. Non-refundable deposit of \$650 due upon registration.

Additional \$365 for single or private room. Includes: 2 daily yoga sessions, 2 daily meals, double occupancy at Eden Resort, and transportation to & from Zihuatanejo/Ixtapa airport to the retreat site. Retreat begins at 6:00pm on Saturday November 30, ends Saturday after brunch on December 7.

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

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.

Avery Kalapa, Certified Iyengar Teacher, ERYT-500, is a dedicated & grateful practitioner and has been teaching since 2004. She's traveled around the US and to India to study yoga with the Iyengar family and many others, including therapeutic applications, advanced practices, and embodied spiritual philosophy. The Iyengar method, anatomy, Patanjali's Yoga Sutras and Vipassana meditation are foundations for Avery's practice. She brings a depth of skill, rigor, compassion, playfulness and commitment that creates not only safety and accessibility, but inspiration and transformation. Learn more at averykalapa.com, on Facebook at Yoga with Avery; on Instagram: Swayvery

