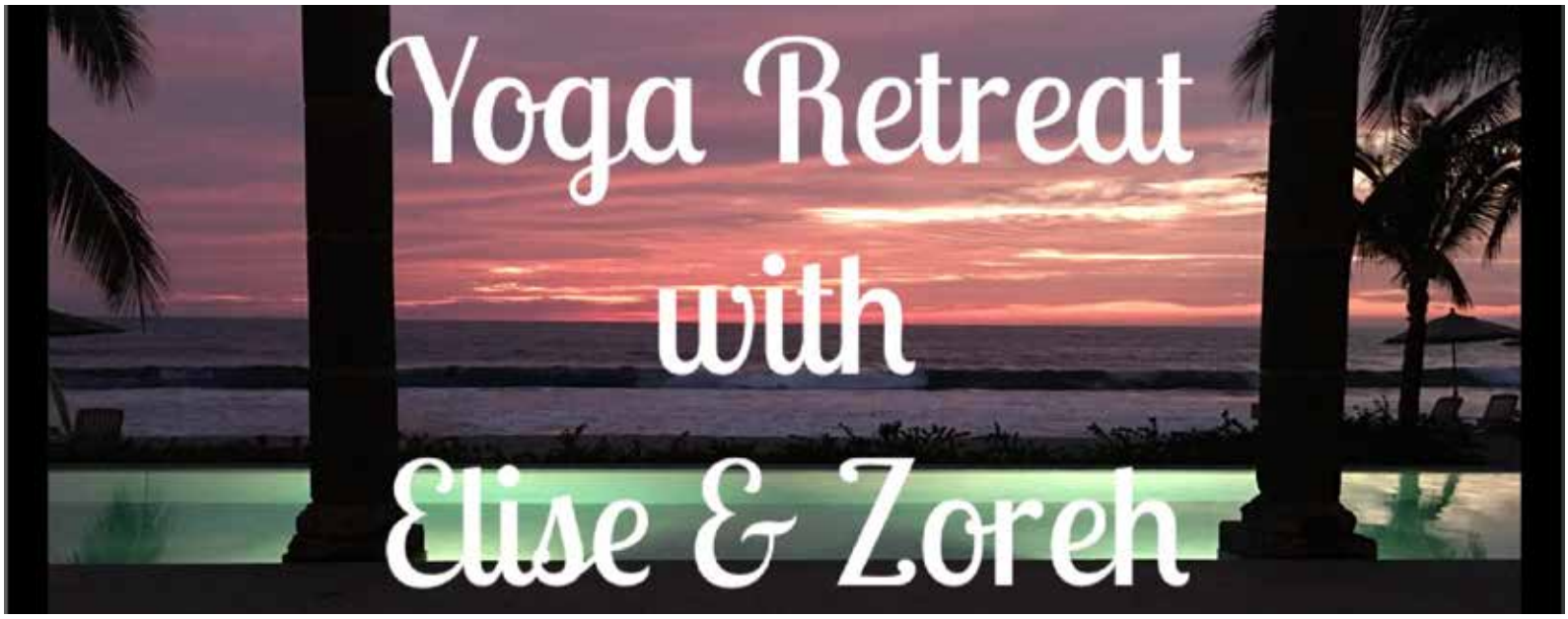

Zoreh, founder and director of High Desert Yoga in Albuquerque for the past 21 years, is a certified Yoga Therapist as well as a meditation teacher. Zoreh's background in Sufism and yoga creates a bridge to these ancient paths. With her joyous person-ality, sense of humor, and passion for making yoga accessible to everyone, Zoreh creates a safe and nurturing environment for students to go deeper in their practice. Zoreh has been hosting yoga retreats for 15 years around the country and in Mexico, India and South America.

Elise has studied in India with the Iyengars on numerous occasions, and is a Senior Certified Iyengar Teacher from Palo Alto, CA. She is a Founding Director of California Yoga Center in Mountain View, CA, and a faculty member at the Iyengar Institute in San Francisco. She teaches workshops and retreats throughout the US and internationally and specializes in scoliosis and other back issues. Elise has written numerous books and has recently released her new book, *Yoga for Scoliosis*.

February 23 to March 2, 2017

Join us for an exciting trip to Troncones, a tranquil and beautiful beach with 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 the resort Eden (www.edenmex.com), 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 yoga classes will be offered each day for all levels and will include asana, pranayama and meditation. Zoreh and Elise have extensive experience working with back issues and scoliosis.

There will be ample opportunity for rest and quiet time, or to partake in many activities such as swimming or bird watching, eco-tours with special hikes to caves, a swimming hole, or a kayaking adventure on a nearby lagoon. Horseback riding, massage, shopping trips to Ziwa, snorkeling at the beautiful Ixtapa Island and deep sea fishing are other optional activities. Price includes yoga classes, two daily meals, double occupancy at Eden Resort and transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

$1695 double occupancy

Cost includes land transport, dinner, breakfast and classes.

$695 non-refundable deposit due now. Balance due by Jan. 10, 2017.

www.highdesertyoga.com
www.ebmyoga.com

Yoga in Mexico with Zoreh Afsar and Elise Browning Miller, February 23 to March 2, 2017

Name: _____

Address: _____

City_____ State _____ Zip_____

Phone ( ) _____ E-mail _____

Total # of people in your party:_____

Total enclosed: _____

Check _____ Master card or Visa _____ Exp date _____ 3-digit security code_____

$1695 per person includes: Double occupancy ocean front room, transportation to & from airport, breakfast & dinner, and all yoga sessions. $695 non-refundable deposit due now. Balance due January 10, 2017
Private room accommodations are additional $385 per week.

To reserve a retreat space, send fee to Zoreh Afsar, PO Box 6100, Albuquerque, NM 87197. Please make checks payable to Zoreh Afsar.

Cancellations: Before Jan. 20, 2017, a $50 cancellation fee will be charged. After Jan. 20, 2017, cancellations will only be refunded—minus $50 fee—if your place is filled from a waiting list.

Contact us! Zoreh: e-mail charlieyzoreh@yahoo.com, phone (505) 232-9642.
Elise: e-mail elise@ ebmyoga.com, phone (650) 493-1254.