



High Desert Yoga presents:

Yoga in Mexico

with Zoreh & Mitra



Zoreh, founder and director of High Desert Yoga in Albuquerque for the past 12 years, is a certified Yoga Therapist as well as a Siddha Yoga meditation teacher. Zoreh's background in Sufism and Yoga creates a bridge to these ancient paths. With her joyous personality, good 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 in Mexico and around the country for eight years.

Mitra Tredway was born in Tehran, Iran. As a teenager she practiced the Ovaicy system of Sufism. During this time she also became skilled in the interpretation of traditional Persian Music and dance. Mitra began studying Yoga at the age of 17. She traveled to Morocco, Algeria, Spain and Singapore to teach and study with various teachers. Through an injury she was introduced to the Iyengar system and now has been teaching the Iyengar method for 22 years. Her classes combine Sufism, Siddha Yoga and the precise alignment of Iyengar. As a certified physical fitness expert, Mitra is able to quickly identify individual needs and guide the student's posture. This sets for greater strength within the posture while helping to eliminate the possibility of stress to any current injuries. She teaches with a great sense of humor. She will be teaching ongoing classes here at High Desert Yoga & conducting workshops & retreats here and abroad.

November 28 to December 5, 2009

Join us for an exciting trip to Troncones, a tranquil and beautiful beach, with warm clear waters of the Pacific Ocean. Troncones is located 20 miles from the fabulous sleepy fishing village of Zihuatanejo. We will stay at the Eden Resort (www.edenmex.com), a beach hacienda with ocean front rooms and private baths. Delicious seafood and vegetarian entrees are created by a professional chef. Yoga classes will be offered each day along with meditation and pranayama. There will be ample opportunities for rest and quiet time, or to partake in activities such as swimming, bird watching and hiking. Shopping trips to Ziwa, snorkeling at the beautiful Ixtapa Island and deep sea fishing are other options.

The theme for this workshop is union. Let's get together once more and achieve the ultimate communion, something beyond enhanced physical stretch. The heightened, more potentially transcendent and sacred. Let's evoke the spiritual energy that is centered in the heart. The extraordinary love, and compassion, that takes place in the eternal present. Delighting in our actions, we will break down the barriers that keep us separated. As we continue to practice yoking body, mind, and spirit, we will enjoy being more present, open, and trusting, thus enabling us to create more loving and dynamic relationships.

The price includes yoga classes, two daily meals, double occupancy at Eden Resort, and transportation to and from Zihuatanejo/Ixtapa airport. For more information contact us at (505) 232-9642 or yogainfo@highdesertyoga.com or visit our website at www.highdesertyoga.com.

\$1,495 double occupancy

A non-refundable deposit of \$495 per person is due NOW to reserve your space. Balance of payment is due September 15, 2009. A few private rooms are available for an additional \$365 per person.

**Space is limited.
Call (505) 232-9642 now
to register
www.highdesertyoga.com**



Please send deposit to: High Desert Yoga, 4600 Copper NE, Albuquerque NM 87108

Name: _____

Male () _____ Female () _____ Age? _____

Address: _____

City _____ State _____ Zip _____

Phone () _____ Fax () _____ Email _____

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