

# BE HERE NOW RETREAT

## Troncones, Mexico

Yoga • Meditation • Yoga Nidra  
Stand-up Paddleboard (SUP)

with  
Zoreh Afsaradeh  
Gloria Persico  
Sandy Carmellini

**Come partake of this healing vibrant retreat** in Troncones, Mexico led by three friends who love yoga, laughter, play and dance. Zoreh, Sandy and Gloria all teach in a classical style of yoga inclusive of all abilities, each bringing a vast wealth of experience, including yoga therapy, providing variations of poses for those who need them, and creative use of props and inversion ropes. Each day these teachers will offer two 2-hour yoga classes, including asana (poses), pranayama (breath work), meditation, and Yoga Nidra (deep relaxation) at Yoga del Pacifico.

We will be staying at La Posada de Los Rocqueros, on the beautiful beach in Troncones, in ocean-front rooms each with a private bath. We'll gather daily to enjoy delicious, nourishing brunches and dinners, featuring seafood and vegetarian entrees at different local restaurants and our yoga center.

With plenty of time for rest or other activities each day, you can add just what you need to make this your own perfect retreat! For a unique experience of yoga on the dance of the ocean, two optional sessions of SUP yoga with certified SUP yoga teacher Sandy are included in the cost of the retreat. Explore, play, swim, shop, or rest. You're sure to return home rejuvenated with a refreshed perspective!

## March 26 – April 2, 2020



**\$1695.** Non-refundable deposit of \$695 due on registration.

Cost includes: yoga classes, two optional SUP sessions, two daily meals, double occupancy at La Posada de Los Rocqueros, and transportation to and from Zihuatanejo/Ixtapa airport to retreat site.



**Zoreh Afsaradeh**, founder and director of High Desert Yoga, has been teaching yoga since 1985. Zoreh's joyous personality and sense of humor endear her to her students with a teaching style that is both nurturing and fun. Her teaching draws

on a delicate knowledge of the body that allows a compassionate spiritual expression of the postures to emerge. Zoreh has been hosting yoga and meditation retreats in many heavenly spots around the world for more than 20 years.



**Gloria Persico** co-founded 2 highly successful Yoga Studios in the Bay Area and is a popular and sought-out yoga teacher in the San Ramon Valley area. A 500 hr Kripalu Certified Yoga Instructor with more than 30 years teaching experience, Gloria leads local workshops and international yoga retreats in exotic locations such as Mexico, Costa Rica, Belize, Peru, and Thailand. Her classes are always informative, inspiring and fun.



**Sandy Carmellini** is a certified Iyengar yoga teacher, certified Yoga Therapist (c-IAYT), Craniosacral Therapist, E-RYT500, certified SUP Yoga teacher, Reiki II and aromatherapy practitioner who has been teaching yoga since 1998 and owned a studio for 11 years. Sandy firmly believes that a healthy lifestyle, including yoga and connection to community, brings balance to the body, mind, and spirit.

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

# Be Here Now Retreat

March 26 – April 2, 2020

Name/s \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (    ) \_\_\_\_\_ E-mail \_\_\_\_\_

TOTAL # OF PEOPLE IN YOUR PARTY: \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_

**\$1695 per person includes:**

Yoga classes, two daily meals, double occupancy at Eden Resort, transportation to and from Zihuatanejo/Ixtapa airport to retreat site.

**\$695 non-refundable deposit due on registration.**

Balance due January 25, 2020.

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

Please make checks payable to Zoreh Afsar.

You may also pay online at [highdesertyoga.com/retreats](http://highdesertyoga.com/retreats).

**Cancellations:**

Before January 25, 2020, a \$50 cancellation fee will be charged.

After January 25, 2020, cancellations will only be refunded, minus \$50 fee, if your place is filled from a waiting list.

**Contact us!**

Zoreh: [charlieyzoreh@yahoo.com](mailto:charlieyzoreh@yahoo.com) or (505) 232-9642