

# Awareness and Deep Rest



A Women's Workshop  
with Giovanna Rossi and Zoreh Afsarzadeh

Explore the Art of Grounding and Relaxation!

In this workshop, we'll explore specific grounding and relaxation methods using yoga tools and techniques and the Well Woman Life Framework™, learning to pause, rewire, and reset. We will focus on balancing specific chakras (energy centers) so you will experience better sleep, and feel more calm and centered. Regular practice of these techniques will bring you more strength, focus, productivity, and joy in your day-to-day life.

This workshop is for women of all levels of yoga practice, no previous experience required.

Sunday, February 2, 2020  
2:00–5:00 PM

\$69 (plus tax) pre-registered  
\$75 (plus tax) at the door



Giovanna Rossi is a work/life integration coach and leadership consultant with more than 20 years working with entrepreneurs, government and non-profits to improve the lives of women and families. She holds a Master of Science degree in Public Policy from the London School of Economics and is the founder of the Family Friendly Business Award® and host of The Well Woman Show on KUNM and NPR One.



Zoreh Afsarzadeh, founder and director of High Desert Yoga, has been teaching yoga since 1985, co-directing the Yoga Teacher Training, teaching weekly asana classes, private sessions, and workshops on a wide variety of topics in yoga and well-being, as well as hosting yoga and meditation retreats around the world. 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.

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