



Glorious Yoga & High Desert Yoga Present

Koh Chang, Thailand

October 9 ~ 16, 2010



Gloria has truly evolved the yoga experience by combining travel, adventure, spirituality and international cultures. As a founder

and past owner of a successful Yoga studio and a certified 500-hour Kripalu instructor, Gloria has developed over the last 20 years, a teaching style described as uniquely original. Her vision is expressed as the yoga of compassion. Gloria feels her students needs, each class is varied and always interesting. She accommodates the advanced student and the novice, blending different training and techniques. Thailand will be Gloria's 3rd international trip in the past year.

www.gloriousyoga.com



Zoreh, founder and director of High Desert Yoga in Albuquerque for the past 16 years is a certified Yoga Therapist as well as a Siddha

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 for 15 years around the country, in Mexico and in South America.

www.highdesertyoga.com

Come join Gloria Mazza Persico & Zoreh Afsar on an adventure that will immerse you into the exotic and spiritual culture of Thailand with its many temples, beautiful beaches, fertile rain forests and coral reefs. Upon landing in Bangkok, we will transfer to tour vans where our personal guide, a long time yoga student and Thai native, will lead us on a 4 hour journey that includes a lunch stop and sightseeing, to Trat where we will embark on a 45 minute ferry ride to our island destination. The unique setting of the island of Koh Chang will provide us an opportunity to deepen our practice while exploring the local culture and people.



There will be plenty of time for personal relaxation, hiking and exploration. A Thai Yoga massage session, an elephant trek into the jungle, a Thai cooking demonstration and dinner are all part of our adventure. Enjoy the warm waters by day and evening walks into the village. Beachfront rooms are double occupancy (twin beds & kings available) in a very private and secluded location.

\$2,195 Double Occupancy

Cost includes lodging, land & ferry transport, daily brunch, all yoga classes, Thai cooking demo, Thai Massage, Elephant Jungle Trek and more. (Airfare to Bangkok not included)

\$750 non-refundable deposit due now holds your spot, balance due by Aug 1st. Lowest airfares available now.

To register contact
Info@gloriousyoga.com

