

Danville Yoga Center
125A Town & Country Dr.
Danville, CA 94526
www.danvilleyogacenter.com

Yoga Workshops with Zoreh at Danville Yoga Center



July 17–18, 2010

Open your Wings Shoulders and Back Body

Saturday, July 17th 1p–4p

The back of our body holds so much of our fluid memory and experience. The importance of living in the back body is often forgotten. In this afternoon workshop we will be exploring the fluid nature of the back body. With the asanas to create stability and balance in our shoulder joints to free up the neck and upper body, then we dive in to ecstatic back and therapeutic back bends and restorative healing inversions, with back body as our home we then fall into a deep state of relaxation.

Shakti Power Opening the Hips in Strength and Fluidity

Sunday, July 18th 9a–12n

According to the ancient seers, our creative potentials, our Shakti rests in the seat of pelvis, due to our life our pelvis begins to become bonded to one direction of movement. In this morning workshop we will flow in to a dynamic sequence of postures to liberate the pelvis. By cultivating true strength your foundation as well as setting free the fluid nature of the hips, so we can walk upon the earth with greater joy and vitality. Meditation and deep relaxation are included.

Your body is like the ocean, rich with hidden treasures. Come let us explore together!

Saturday, July 17th, 1–4pm & Sunday, July 18th, 9a–12noon
\$60 per session or \$108 for both.



High Desert Yoga



Zoreh is the Founder and Director of High Desert Yoga in Albuquerque, New Mexico.

She has a B.S. Degree in Business Management. Zoreh is a Certified Hatha Yoga Teacher with more than 15 years of teaching experience. She is a Certified Yoga

Therapist, and a Certified Siddha Yoga Meditation Teacher. Zoreh has studied with

numerous methodologies, including Iyengar, Phoenix Rising Yoga Therapy, Anusara

Yoga as well as the Yoga Methodology of American Yoga College. Zoreh's joyous

personality and sense of humor endear her to her students with a teaching style that is

nurturing and fun. Her teaching combines a delicate knowledge of the body that allows

a compassionate spiritual expression of the postures to emerge. Zoreh has been

offering week long yoga retreats in Mexico and Costa Rica in March and December.