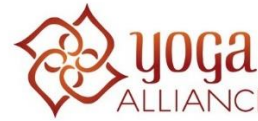




SIMPLY YOGA
of Delray Beach



Yoga Education Institute -Yoga Teacher Training January – May 2020

Discover your own amazing power through our Yoga Teacher Training.

Whether you wish to become a registered yoga teacher or simply want to expand your knowledge and enhance your personal practice, our goal is to guide each student through a period of self-inquiry and progressive practice that leads to personal transformation and dynamic teaching skills. Register now for this training, where you'll gain a deeper understanding of the many layers of yoga, learn to harness the power of yoga to make a positive difference for yourself and others.



Topics covered during the training include:

- History and philosophy of yoga, and how it applies to everyday life.
- Teaching and practicing yoga asanas (standing, seated, lying postures, inversions, etc.)
- Teaching different styles of hatha yoga, and the art of sequencing
- Functional anatomy as it relates to yoga practice, and biomechanics of movement
- Teaching and practicing pranayama, bandhas, meditation, and mindfulness
- Effective use of yoga props, partner yoga, and hands-on adjustments
- Effective yogic based nutrition for healthy living
- Sanskrit pronunciation and meaning for yoga teachers.
- Business success for Yoga Teachers. Planning successful yoga workshops and retreats.
- Discovering your unique voice as a yoga teacher. Harnessing the power of yoga to surpass your limitations and improve your life and the lives of your students.

This program fulfills the requirements for RYT 200 certification with Yoga Alliance.

Where: **Simply Yoga, 2275 S. Federal Hwy, Suite 150, Delray Beach, FL 33483**

When: **Group Training Workshops:** Jan. 24,25,26, Feb. 7,8,9, 21,22,23, March 27, 28, 29, April 24, 25, 26, May 1, 2, 3 – Fridays 6-9 pm, Saturdays and Sundays 9 am-6 pm
Practicum is scheduled individually

Facilitator & Lead Instructor: Fabienne Grossman, RD, LD, E-RYT 200, RYT 500, YACP

Faculty: Mindy Leventhal -Simply Yoga of Delray Beach Studio Owner &
The Experienced & Compassionate Simply Yoga Instructors

Together have 25+ years' experience. **Space is Limited. Register Now.** For more information, or to register: Email: fabyogi18@gmail.com or call Fabienne (954) 871-5222.