



## In Person and Live Stream Yoga Teacher Training January - May 2021

**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:** Delray Yoga Shala, 10 NE 2nd St, Delray Beach, FL 33444

**When:** **Group Training Workshops:** Jan, 23, 24, 25, 7, Feb. 5,6,7,10, March 19, 20, 21, 24, April 2, 3,4, 7, April 30, May 1, 2, 5 - Wed & Fri. 6-9 pm; Sat. 11am-6 pm Sun. 9 am – 6 pm

**Lead Instructor:** Fabienne Grossman, RD, LD, E-RYT 200, RYT 500, YACP®

**Space is Limited. Register Now.** (Wed.- Live Stream; Fri., Sat., Sun. -In Person)

For more information, or to register: visit [www.fabiennegrossman.com](http://www.fabiennegrossman.com),  
email [fabyogi18@gmail.com](mailto:fabyogi18@gmail.com) or call Fabienne (954) 871-5222