



FABIENNE GROSSMAN, RD, LDN, E-RYT

Spring Forward - A Time of Renewal

Shift into what moves you and brings you joy!
I will be continuing my growth and learning this
Spring with a Thai BodyWork Certification
Course in Charlotte, North Carolina. I look
forward to adding this in to my toolbox so that I
may share all that I learn with you in the
upcoming workshops, retreats and Yoga
Teacher Training.

The time is NOW to do what you LOVE, invite
JOY into your LIFE!



[Yoga Nidra- For Deep Relaxation &](#)

Accessing the Power of Your Subconscious Mind

As individuals, we often hold tension in our minds and bodies, which can result in mental and physical fatigue. Yoga Nidra, an ancient yoga practice that has recently gained popularity, helps act as a remedy to this growing issue.

Literally meaning “yogic sleep,” Yoga Nidra is a form of meditation and mind-body therapy. One appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Rod Stryker, founder of ParaYoga and instructor of Yoga Nidra since the mid-1990s, states “it is sleep with a trace of awareness.”

One experiences a deep relaxation state that is achieved by systematically slowing down and relaxing each body part. Students experience a more restful state and awaken more refreshed than an evening of sleep. During Yoga Nidra, students are led through a guided meditation to scan the body and then given techniques to become aware of and let go of the mental and physical tension that are present in different areas of the body. This technique enables the body to slow down allowing for optimal functioning of the endocrine and the parasympathetic nervous system. Yoga Nidra, therefore, may be highly beneficial for people suffering from stress, insomnia, migraines, asthma, ulcers, digestive issues, skin diseases and other conditions.

[*View complete article*](#)

UPCOMING EVENTS

**Balance & Bliss Relax & Renew
® Workshop
Sun. April 28 4-6 pm at
Weston Yoga
2600 Glades Circle Suite 400
Weston, FL 33327**

Reclaim your inner radiance! Relax and de-stress in a fully supported environment. In restorative yoga, we use a variety of props-such as blankets, bolsters, & blocks to support our bodies while we experience deep relaxation and a quieting of the mind. This fosters a deep connection with the body, allowing it to open and release tension and stress. Experience deep relaxation by alleviating not only muscular tension but, mental and emotional stress. A taste of Thai Yoga Bodywork will be introduced for those interested. Unwind, Relax and Restore as we move inwardly towards Blissful Balance.

No Experience Needed.

Space is limited to 16 Lucky Individuals.



Price of Bliss:
\$30 Members; \$35 Non-Members



Yoga Nidra Meditation Deep Relaxation & Guided Meditation

Thursday, May 2nd 7-8:30 pm @
Dr. Tamy Faierman's Holistic Spa & Wellness
Center, 17130 Royal Palm Blvd, Suite 1,
Weston, FL 33326

*Set your Samkalpa, higher resolution
intention from your higher SELF.*

Yoga Nidra Meditation is a powerful technique
to progressively release muscular, emotional
and mental tension. Total relaxation of the body

helps the optimal functioning of the endocrine system and parasympathetic nervous system. Yoga Nidra is the secret of transformation. When one is in a conscious relaxed state, peace of mind becomes natural. No yoga experience needed. All levels welcome.

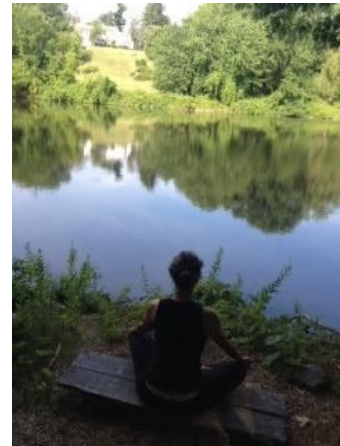
Investment in Self: \$20 in advance; \$25 at the door

Pranayama & Meditation 101 Wednesday, May 8th, 2019

Location: TBA
Investment in Self: \$10

THIS WORKSHOP WILL:

- Teach you simple and effective meditation techniques for self-acceptance & living to be present as your best Authentic SELF!
- Teach you breath awareness and breathing techniques to energize and calm the body and mind
- Teach you how to develop a meaningful and mindful home meditation practice



200 hr RYT Teacher Training Summer Intensives:

June 16-30, 2019 @ Weston Yoga,
Weston, FL

August 17-28, 2019 with Nancy Wile
@ Elemental Healing-Charlotte, NC
Summer Intensive

Do something amazing this year! Deepen your practice and understanding of Yoga. This course curriculum has been designed to meet the current guidelines set by Yoga Alliance. Empower yourself with the knowledge and practice of Yoga. Learn, Practice and Share!

[YTT @ Weston Yoga Weston, FL June 16-28](#)

[YTT @ Elemental Healing Charlotte, NC Aug 17-28](#)

Visit Website

Do you need guidance? Schedule Private Yoga, Nutrition and/or Meditation sessions to meet your individual needs.

Private sessions available at your home, work, studio or via Skype.

Private yoga & meditation instruction will provide you with techniques to help improve your posture, strengthen your muscles, increase your lung capacity, improve your flexibility, release your stress and relieve minor aches and pains.

Not sure about what you should be eating for optimal health? Individualized nutrition consultations will help by reviewing current diet and recommending foods and meal plans to improve your nutrition and promote optimal health.

**Call 954-871-5222 or email fabyogi18@gmail.com
for more information.**



Dear Yogis,

Continue to practice, live and learn with Love and Compassion.

May all your words, actions and thoughts lead to happiness, health and peace.

Love and Many Blessings,
Fabienne

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STAY CONNECTED

