



OCTOBER 19TH SAT. 12:30-6:30 PM
ADVANCED RESTORATIVE YOGA
TEACHER TRAINING WITH
FABIENNE C. GROSSMAN, RD, LD,
E-RYT-500, YACEP®

Advanced Restorative Yoga Training will provide students with additional tools and techniques on how to use various restorative yoga postures to improve digestion, respiration and balancing nervous system.

Yoga Alliance Continuing Education Hours: Upon completion of course & requirements 200 hr RYT will receive 10 hours Continuing Education credits & Certificate of Restorative Yoga Teacher Training.

Required for course: Relax & Renew by Judith Hanson Lasater, PhD, E-RYT

Cost of Training: \$200 early bird by Sept. 15 & \$225 after Sept 15.

This program is open to students and Yoga teachers. For more information about program please contact Fabienne directly at 954-871-5222 or email fabyogi18@gmail.com.



SIMPLY YOGA
of Delray Beach

2275 S. Federal Hwy, Suite 150, Delray Beach, FL 33483

561-735-7172 www.simplyyogadelray.com

Participants completing this program will be able to:

1. Explain the autonomic nervous system and the effects of restorative yoga.
2. Practice pranayama (breathing techniques) to stimulate parasympathetic nervous system.
3. Describe the various uses and applications of yoga props used for restorative yoga.
4. Identify the different restorative postures and their impact on the organs and spinal structure.
5. Describe set up and practice different restorative yoga postures for improving digestion, respiration and balancing nervous system.

About the Instructor:

Fabienne C. Grossman, RD, LD, E-RYT-500 is an Experienced Yoga Instructor, Registered Dietitian, Certified Relax & Renew® Restorative Yoga teacher by Judith Hanson Lasater & Certified Ayurvedic Yoga Specialist. She has been a practicing yogi for over 20 years and teaching yoga for over 10 years. She specializes in Restorative, Yin, and Gentle Yoga. She offers private, corporate and group yoga sessions and leads 200 hr RYT programs and Transformational Journeys to India/Thailand.

