



FABIENNE GROSSMAN, RD, LDN, E-RYT

“Yoga is not about self-improvement, it’s about self-acceptance.”

Gurmukh Kaur Khalsa

UPCOMING EVENTS for Self -Acceptance and Self- Compassion

**Peace, Love, Yoga
The Art of Relaxation
Dec. 25th**

10:00-11:30 am

@ Simply Yoga of Delray

Give yourself the Gift of Relaxation! Enjoy a delightful start to your day as Fabienne guides you through a gentle restorative yoga practice using blankets and bolsters, pranayama (breathing techniques), guided meditation, relaxation, essential oils, and hands on adjustments that will assist the body and mind to release stress and obtain balance and bliss. This practice is beneficial for all level of practitioners. No experience in yoga or meditation needed so feel free to bring your family and friends! Leave feeling refreshed, relaxed and re-energized!



Investment in Self: \$22 in advance; \$25 at the door.

www.simplyyogadelray.com

561-735-7172



**Free Yoga Teacher Informational Session &
Restorative Yoga**

Jan. 4th 4-5 pm

Start the New Year by doing something Amazing: Yoga Teacher Training! Come learn about our upcoming Teacher Training and enjoy a Free Restorative Yoga class. Learn that slowing down and paying attention is powerful medicine and the heart of yoga. Enjoy restorative yoga postures using bolsters, blocks and blankets inviting relaxation and restoration and then learn about the opportunity to deepen understanding of yoga in our Free Yoga Teacher Training Informational Session.

Our Yoga Teacher Training at Simply Yoga gives you the opportunity to obtain a deeper understanding of the many layers of yoga, advance your own practice, and develop confidence and skills in teaching others. You will also learn to harness the power of yoga to break through your limitations and improve your life and the lives of others. Yoga Teacher Training Program runs January- May 2020. For more information call Fabienne 954-871-5222 or email fabyogi18@gmail.com.

Donations for Free Restorative Yoga to benefit Habitat for Humanity.



200 hr RYT Teacher Training

January - May 2020 with Lead Instructor Fabienne@
Simply Yoga of Delray Beach

Jan. 24, 25,26, Feb 7,8,9, 21,22,23,
March 13,14,15, April 24,25,26, May 1,2,3
Fri. 6-9 pm, Sat & Sun 9 am-6 pm

Rooted in ancient wisdom this comprehensive and empowering yoga training course is designed for all students who wish to deepen their yogic knowledge and personal practice. 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 transformation. This course curriculum meets current Yoga Alliance guidelines. Discover your own amazing power through Yoga Teacher Training! Make a positive difference for yourself and others.

Yoga Teacher Training Details

**Class Schedule at
Simply Yoga of Delray Beach
2275 S. Federal Hwy, Suite #150
Delray Beach, FL 33483**

Tue

**6-7:15 pm Restorative Yoga &
Meditation**

Wed

**9-10:15 am Yin Yoga and Meditation
Thur**

10:45 am- 12:00 pm Hatha Yoga

[Register here](#)



Yoga Nidra Deep Relaxation and Guided Meditation

January 29th

7-8:30 pm

**Dr. Tamy Faierman's Holistic Spa and
Wellness Center
Weston, FL**

**Call 954-322-2742
to register.**

Visit Website

**Do you need guidance?
Schedule Private Yoga, Nutrition and/or
Meditation sessions to meet your individual
needs. Yoga Teacher one on one mentoring
sessions also available.
Call 954-871-5222 or email fabyogi18@gmail.com
for more information.**



Dear Yogis,

During this holiday season, savor the food, enjoy the family and friends and cherish every moment. Take time for yourself to BE PRESENT with all that is.

Wishing you and your family a Happy Holiday Season and a New Year filled with Peace, Love, Good Health, Joy and Abundance!

Looking forward to seeing you on the mat soon.

Love and Many Blessings,
Fabienne

Fabienne Grossman, RD, LDN, E-RYT | 954-871-5222 | | fabyogi18@gmail.com |
fabiennergrossman.com

STAY CONNECTED

