



**JUNE 20TH SAT. 2:00-6:00 PM**  
**RESTORATIVE YOGA TEACHER**  
**TRAINING WITH**  
**FABIENNE C. GROSSMAN, RD, LD,**  
**E-RYT-500, YACEP®**

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, 200 hr RYT will receive 4 hours Continuing Education credits.

Required for course:

**Relax & Renew** by Judith Hanson Lasater, PhD, E-RYT

Cost of Training: \$175 Regular Registration  
\$150 early bird by May

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](mailto:fabyogi18@gmail.com).



**SIMPLY YOGA**  
*of Delray Beach*

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

561-735-7172 [www.simplyyogadelray.com](http://www.simplyyogadelray.com)

Participants completing this program will be able to:

1. Practice pranayama (breathing techniques) to stimulate parasympathetic nervous system.
2. Describe the various uses and applications of yoga props used for restorative yoga.
3. Identify the different restorative postures and their impact on the organs and spinal structure.
4. Learn to set up each restorative posture with all essential props to provide maximum support.
5. Experience each restorative posture with adjustments and enjoy the relaxing and restoring effects.

About the Instructor:

**Fabienne C. Grossman, RD, LD, E-RYT-500, YACEP®** is an Experienced Yoga Instructor, Registered Dietitian, Certified Relax & Renew® Restorative Yoga teacher by Judith Hanson Lasater & Certified Ayurveda Yoga Specialist. She has been a practicing yogi for over 20 years and teaching yoga for over 10 years and facilitates the 200 hr Yoga Teacher Training at Simply Yoga. In addition, she offers private, corporate and group yoga sessions and leads Relax and Restore Journeys & Retreats.

