

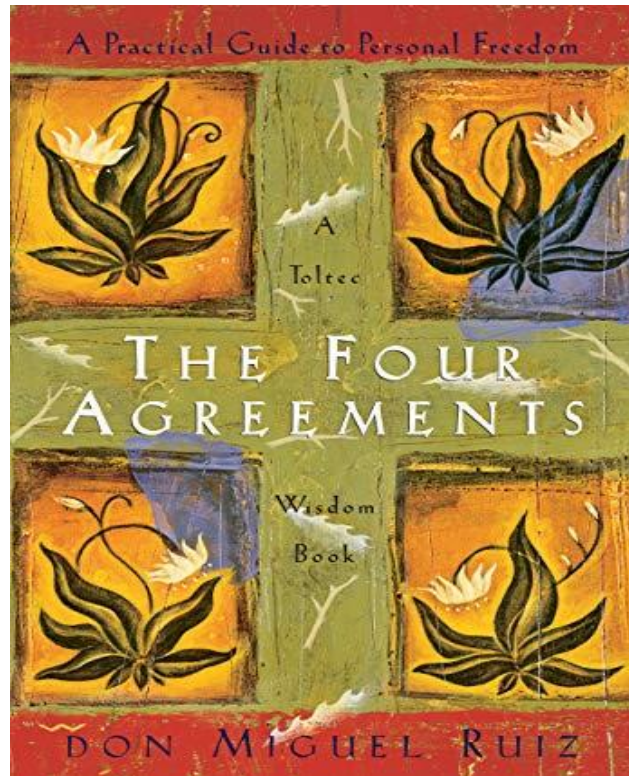
# The Four Agreements

Put into practice



Presents

The Four Agreements put into practice. Spiritual Master Don Miguel Ruiz wrote the best-selling book *The Four Agreements*. The book outlines Four Essential codes of conduct passed down through the wisdom of the Toltecs on how to live an awakened life. These Four Agreements include: Be Impeccable with your word, Don't take anything personally, Don't make assumptions, and Always do your best. In this 3 hour workshop we will begin to unpack these agreements and learn how to apply them into our life in a way that brings deep joy into our daily experience. No experience required, just an open mind and heart.



Heart Opening &  
Yoga Practice with  
Fabienne, Romi &  
Johanna



Living an  
Awakened Life  
Discussion &  
Meditation



**Guest Speaker:** Mark James Fischler has been a professor of ethics and justice at Plymouth State University for the past 15 years. He has been consciously engaging the spiritual path for over 21 years. He has personally worked and studied with Teachers and practices from many spiritual traditions, most notably Buddhism and Toltec Wisdom. Mark is a member of the Integral Institute which works to bring integral practices to the world at large where he serves as a legal expert. Mark offers spiritual inquiry classes and sessions that help us identify our deeper Self and how to start living a life full of meaning.

Saturday, June 6th – 1:00-3:00 pm  
At Simply Yoga of Delray Beach

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

Investment in Self:  
Early Bird: \$60 by 5/15; Regular: \$75  
Space is limited. Reserve in advance.

Registration:

[www.simplyyogadelray.com](http://www.simplyyogadelray.com)

Or call Fabienne 954-871-5222