



FABIENNE GROSSMAN, R.D, LDN, E-RYT



“You are the sky.
Everything else is
just the weather.”
Pema Chodron

Stay Calm & Carry On.

We can weather the storms together.

**Join me for yoga practices to give you strength
and find your inner light.**

UPCOMING EVENTS

**Live Stream YOGA
with Fabienne by donation!**

**Monday
10-11 am EST Gentle Yoga**

Wednesday

6-7 pm EST Restorative Yoga

Email fabyogi18@gmail.com for link.

\$10-18 donation suggested.

Pay what you can.



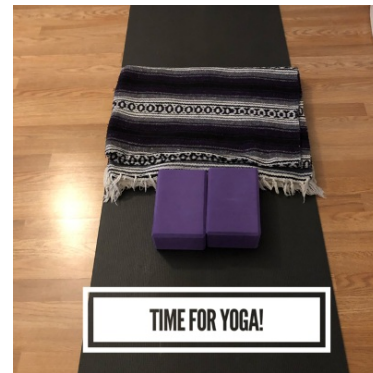
**Simply Yoga Class Schedule
via Live Stream
with Fabienne**

Thursday

10-11 am EST

Mindful Yoga, Breath & Meditation

**Register in advance at
www.simplyyogadelray.com**



**Yoga Nidra
Deep Relaxation & Guided
Meditation**

Wednesday, August 26th

7:30-8:30 pm

via Zoom LiveStream.

Call 954-871-5222 or email

fabyogi18@gmail.com

to register.

\$18 suggested donation

(pay what you can)

Payment via Venmo or Paypal

**Private & Group Yoga, Meditation & Wellness Sessions available
via Zoom**

**Need a fun way to connect with your loved ones?
Schedule a small group session with family and friends!**

**Another option-schedule a private session and receive individualized
attention on what you need and what will serve you best.**

Call me to discuss customized sessions just for you!
954-871-5222



Dear Yogis,

Keep up with your practice. Be kind, be loving,
and bring in compassion for yourself and others.

Please feel free to reach out to me, I am here to be
of service.

"May you be happy. May you be filled
with loving kindness. May you live
with ease."

Love and Many Blessings,
Fabienne

[Visit Fabienne's Website](#)

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STAY CONNECTED

