

Welcome to the 2025 Y4A Yoga for Amputees Teacher Training!

Below is the training schedule, training requirements, and recommended reading.

Y4A Training Schedule & Details:

- Winter 2025 – March 7-9, 2025: Time Friday 6:00-9:00 p.m., Saturday and Sunday 12:30-6:30 p.m. EST
- Classes will be taught live in the Yoga Center of Columbia studio and simultaneously live streamed through Zoom. Classes will be recorded and made available for private viewing by participants for 6 months after the training is completed.
- Props for each class: 1 yoga mat, 1-2 sturdy chairs with no arms, 2 blocks, 1 strap, 3 blankets, 1 small stool, and access to a wall, if available.
- Homework will include readings and videos that will help you better understand the basics of topics to be covered during the weekend training. Readings will come from
 - ***Yoga for Amputees: The Essential Guide to Finding Wholeness After Limb Loss for Yoga Students and Their Teachers***, which you will need to purchase, and
 - ***Y4A Yoga for Amputees: Keep Moving Forward Training Manual***, (the “***Training Manual***”) both by Marsha Therese Danzig. The ***Training Manual*** file and homework assignments will be emailed to you approximately a week before the training begins. **We recommend you print the *Training Manual*, for easy reference.**
- If you do not attend the live training in-studio or on Zoom, to satisfy the requirements of the training you will need to:
 - Complete the homework readings and video viewings.
 - Record yourself teaching a yoga class for amputees based on what you have learned in the training (minimum 15-minute video). Alternatively, you could teach a portion of one of our live on Zoom weekly amputee / adaptive yoga classes.
 - Sign the **Y4A YTT Training Completion** statement affirming that you have completed the previous two requirements.
 - After completing the above, we will send your Certificate of Completion and list your status on the Y4A website as “Y4A trained” yoga teachers/therapists or other professional designation.

Tentative Weekend Schedule:

Friday night, 6:00-9:00: Amputation Basics, Gross Motor Skills, Prosthetics, Amputation Functional Anatomy

Saturday, 12:30-6:30: Fine Motor Skills, Transitions, Pain Management, Phantom Pain, Trauma, PTSD, Veterans, Pose Adaptations & Assists, Benefits and Contraindications

Welcome to the 2025 Y4A Yoga for Amputees Teacher Training!

Sunday, 12:30-6:30: Grief, Loss, Self-Care, Savasana, Yoga Nidra, Creative Visualization, Marketing, Evaluations, Pose Adaptations & Assists, Benefits and Contraindications

Required Reading:

Y4A Yoga for Amputees: Keep Moving Forward Training Manual, Marsha T. Danzig

Yoga for Amputees: The Essential Guide to Finding Wholeness After Limb Loss for Yoga Students and Their Teachers, Marsha Therese Danzig

Recommended Reading:

From the Roots, Marsha Therese Danzig

Suggested Reading:

Accessible Yoga: Poses and Practices for Every Body, Jivana Heyman

Adaptive Yoga: Designed for a Variety of Bodies and Conditions, Ingrid Yang & Kyle Fahey

Best Practices for Yoga with Veterans, Carol Horton

Gone, Linda Olson

Learning to Breathe, Allison Wright

Overcoming Trauma Through Yoga: Reclaiming Your Body, David Emerson, Elizabeth Hopper

Stronger, Jeff Bauman

Waking, Matthew Sanford

Yoga for Everyone: 50 Poses for Every Type of Body, Dianne Bondy

We are happy that you will be taking the training and we are looking forward to sharing this experience with you!