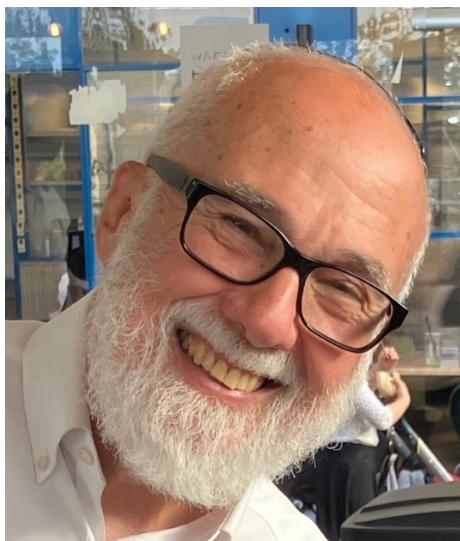




Mike Carter –

Mike Carter worked for more than 36 years in human resources for the Federal government, retiring in 2011. His expertise was employee benefits including retirement systems. After retiring he spent the next 12 years semi-retired giving seminars throughout the U.S. to Federal employees on how to plan for their retirement.

Mike's life took a new direction in May 2023 when out-of-the-blue he had his right leg amputated above the knee to save his life. Until then he was an active adult swimming and walking most days of the week.

In the summer of 2024 he attended the National Amputee Coalition conference. As he was looking over the workshops being offered he saw yoga for amputees with instructors from Y4A. He had studied yoga in college, and marriage he and his wife took yoga classes for a while. He was intrigued.

After the conference he continued to attend the weekly online class for amputees offered by Y4A. One way he has benefited from Y4A is being able reach up through the crown of his head. Whether balancing only on his anatomical leg, or standing using both his anatomical leg and prosthetic leg, or sitting in his wheelchair, he reminds him self to reach up through the crown of his head. Instantly, his balance and posture improve, and his outlook becomes more positive.