



**Eileen Garney –**

Eileen Garney brings over two decades of experience in the mental health field to her role as a board member of Y4A Yoga for Amputees. Her career has spanned roles as a counselor, teacher, social worker, and therapist. She currently serves as a high school counselor in Harrisburg, Pennsylvania, where she continues to advocate for student well-being and emotional health,

Eileen holds a B.A. in Psychology from Bloomsburg University of Pennsylvania and an M.S.Ed. in Psychological Services from the University of Pennsylvania. Her professional expertise is deeply informed by her personal journey as an amputee, which led her to discover the transformative power of mindfulness and yoga.

Thanks to a grant from the Challenged Athletes Foundation, Eileen became a certified 200-hour Registered Yoga Teacher through Yoga Alliance and holds additional adaptive training from Y4A Yoga for Amputees and Accessible Yoga Teacher Training programs. She is passionate about making yoga accessible to individuals with disabilities and believes in its potential to heal, empower, and build community.

As a board member, Eileen brings both her clinical insight and lived experience to help guide Y4A's mission of empowering the limb loss community.