

YOGA 4 AMPUTEES

at



Y4A ADAPTIVE YOGA TEACHER TRAINING

with Lucy Lomax, C-IAYT, Certified Yoga Therapist, E-RYT500
& Heather Thamer, E-RYT500, M.Ed

OCT. 9-11, 2026 (Hybrid Training | 15 Hours)

WHO IS THIS TRAINING FOR?

- Yoga teachers and therapists.
- Medical professionals
- Amputee support personnel



Y4A is an internationally recognized yoga program designed to help amputees reclaim their wholeness after limb loss through the transformative art of yoga.

WHAT YOU'LL LEARN:

- Techniques to adapt yoga for above-knee, below-knee, and upper-extremity amputees
- Tools to address physical, emotional, and psychological challenges of amputation
- Core-strengthening techniques essential for mobility and balance
- Methods to manage phantom pain and trauma through yoga and meditation
- Certification as a Y4A teacher, listing on the Y4A website, and training manual

**EARLY BIRD
REGISTRATION:** \$295

REGULAR RATE: \$325

**TRAINING COUNTS
AS 15 CES WITH
YOGA ALLIANCE**



REGISTER NOW



410.720.4340



www.columbiayoga.com

For more info, please email Lucy at lucy@lucylomax.com or Heather at yoga@heatherthamer.com.