

**Online Y4A: Yoga for Amputees Teacher Training Course
with Lucy Lomax and Heather Thamer
Oct-Dec 2023**

Fall 2023 Dates: Oct 12, 19, 26, and Nov 2, 9, 16, 30, and Dec. 7

Time: 6-8:00pm, Zoom online live streaming

Cost: \$350. Early Bird Pricing: Fall – \$325 if registered by Sept 15. Some scholarships available.

Summary of Course Hours:

- Zoom Online Live Streaming Course – **16 contact hrs**
 - o Classes will be interactive
 - o Classes will include information and Q&A
- Zoom Online Live Streaming Mentoring Meetings – **2 contact hrs**
 - o 6 meeting times will be offered; must attend 2, or
 - o May attend 2 Accessible / Amputee Yoga Classes to observe and meet with Lucy or Heather after the class
- Homework from classes and videos watched – **16 non-contact hours**
 - o Homework drawn from Course to include review or lecture materials and selected teaching methodologies
 - o Video watching – selected Y4A methodology videos
- Final Project – Develop and video record a 20-25 minute sample yoga class targeted a particular audience of amputees, e.g., lower limb limitation/loss, upper limb limitation/loss, or a mixed audience of different limb loss or limitation students .etc. OR co-teach an Accessible / Amputee Yoga Class – **2 non-contact hrs**
- **Summary of Hours**
 - o **Contact – 18 hrs**
 - o **Non-contact – 18 hrs**
 - **Total – 36 hrs**