



Yoga for Amputees Veterans Program **With Marsha Therese Danzig, M.ed Harvard, RYT (registered yoga teacher) 500 hr, Founder, Yoga for Amputees**



Amputees make up 2.5 million people in the US, with 56,000 new cases every month. Over 1,000 amputees have returned from the war in Iraq. Yoga for Amputees offers both a lifeline of recovery from limb loss as well as possibility and reconnection to the self.

The military is acknowledging the necessity of a body ,mind , spirit approach to wellness through a variety of programs such as the Wounded Warrior Project

Amputees have additional ongoing needs such as pain management, prosthetic adjustments, referred injuries, PTSD.

The American Public is seeking better, less expensive, better outcome, long term sustainable alternatives to the broken American medical system so patients can successfully get back to life and contribute meaningfully to the world.

Research is indicating that an holistic approach to working with our veterans IS creating these long term results without the financial drain of long term use of analgesics.

Professional education such as Yoga for Amputees arms practitioners such as occupational therapists, psychotherapists, social workers, physical therapists , nurses and physicians with a more comprehensive approach to healthcare for our veterans.

Yoga for Amputees has the experience, methods and skills to successfully work with practitioners and patients to meet the demands of patients wanting a full spectrum approach to their well being.

Mission:

The mission of Yoga For Amputees is to get amputees back to wellness and freedom in the body, mind and spirit through the practices of breathing, yoga poses, relaxation and stress reduction.

How does Yoga for Amputees do this?

We provide training, workshops, professional development, classes, and materials to give amputees the freedom from stress, anxiety, pain, and suffering they are seeking.

Why Yoga for Amputees ?

Yoga for Amputees was started by an amputee, Marsha Therese Danzig, the first amputee in the US to teach yoga. She believes there is a unique perspective that only an amputee can teach or understand to other amputees.

Yoga for Amputees addresses the special needs of amputees such as pain relief, phantom pains, stress reduction, PTSD, body alignment, balance ,building confidence, safety, healthy

choices, coping with limb loss, life with or without a prosthesis, the five stages of grief, physiological, psychological, emotional, social and spiritual issues associated with amputation and recovery.

These repeatable and sustainable tools will become THE standard for veteran amputee wellness programs worldwide.

They are cost effective, require few props, are easily accessible for yoga teachers, non yoga teachers and veterans alike.

How does Yoga for Amputees help the veteran amputee and staff?

1. **Empowerment** – the veteran amputee is empowered when they can be actively involved in their own health, and can learn to listen to their bodies to feel better.
2. **Health benefits**- when holistic staff practice these techniques with their patients, they are also experiencing the immediate health and wellness benefits.
3. **Repeatable and Sustainable**- yoga for amputees techniques can be integrated into any wellness program with our 10 minute Rx formula.
4. **Strategies**- the Rx is repeatable and can be taught to others in the field with lunch seminars, workshops and professional development seminars.
5. **Skills**-Yoga for Amputees teaches basic, safe and SPECIFIC yoga skills , appropriate for amputees with or without prosthesis in various stages of activity from complete novices to extreme athletes.
6. **Intervention**-Yoga has aided many veterans to make huge life changes, such as being able to walk again, get off pain medication, reverse addictive behaviors, reduce anger and rage, lessen pain and suffering.

See this [incredible testimonial](#) video about how yoga helped this veteran

Yoga for Amputees at your facility would include weekly group classes, one on one instruction ,professional development for staff and possibility of a research project to discover the effects of yoga to reduce phantom pains .

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