



### **Heather Thamer –**

Heather Thamer is an Experienced Yoga Teacher at the 500 level (E-RYT500), Accessible Yoga Teacher and Y4A Master Teacher, and a Yoga Alliance Continuing Education Provider (YACEP). Heather has been practicing yoga for 30+ years and teaching yoga for 20 years. Heather holds a dual B.A. in Psychology and Human Services from S.U.N.Y. Buffalo, and a Master's degree in Education from North Carolina State University.

Heather began a career in the field of nonprofits/human services 35 years ago working for nonprofit organizations that provide programs to those with cognitive and/or physical disabilities and working as a special educator. Since then, and while a yoga teacher, Heather has been involved with many nonprofit organizations as a volunteer, and led philanthropic efforts supporting nonprofits spanning over two decades.

Heather has been teaching adaptive yoga since 2010, and teaches a variety of classes, workshops and co-leads the Y4A Yoga for Amputees teacher training with Lucy Lomax. She is a Y4A Yoga for Amputees Master Teacher, trained under Marsha Therese Danzig, founder of Y4A Yoga for Amputees, and has served as Co-Director of Y4A Yoga for Amputees with Lucy Lomax since 2022. Heather has been teaching to those with limb variance since 2019, is also a Warrior at Ease Level I trained teacher, Accessible Yoga Teacher and has Cancer Exercise Specialist training. Heather brings decades of experience of working with nonprofits in advocacy, outreach, and fundraising to the Y4A Yoga for Amputees program, and continues to offer adaptive yoga classes that focus on accessibility, inclusion and empowerment.