

**Bill Spitz –**

Bill Spitz is a retired Telecommunications Product Design Engineer. Bill received 17 patents for his work designing telecommunications connectors. He holds an MS in Mechanical Engineering from Stanford University and BS ME from the University of Kansas.

Bill had a below knee amputation in 2023 as a result of sepsis. Seeking out activities during recovering he found Y4A Yoga. He enjoys Y4A yoga benefits such as balance, strength, flexibility, and mindfulness. The biggest benefit being the sense of well being after each class, "I always feel better after a Y4A yoga session."

Interesting side note - Bill was introduced to mobility issues during his time at Stanford University. Bill's masters project team designed a high performance electric wheelchair.