



Lucy Lomax –

Lucy Lomax is a Certified Yoga Therapist (C-IAYT), Experienced Registered Yoga Teacher at the 500 level (E-RYT500), Registered Pregnancy Yoga Teacher (RPYT), and a Yoga Alliance Continuing Education Provider (YACEP). She has been practicing yoga for over 30 years and teaching yoga for 26 years.

In her prior 33-year career, she was a Certified Government Financial Manager (CGFM), Federal financial policy analyst, Program Manager, and financial policy educator in the areas of budget, program, and cost analysis. Lucy has a BS in Organizational Development, and a Masters degree in Public Financial Management (MPFM).

Lucy focuses on teaching therapeutically-oriented alignment-based yoga, and trauma-sensitive yoga practices, and teaches classes, retreats, workshops, and teacher trainings. She is a Y4A Yoga for Amputees Master Teacher Trainer, trained by Marsha Danzig, founder of Yoga for Amputees. Since 2022, she has been Co-Director of Y4A Yoga for Amputees, and has been teaching amputees since 2015. Lucy also is a Certified Warriors at Ease teacher (C-WAE) and former Program Manager of the Ft. Meade Resiliency Yoga Program, a Certified iRest® Yoga Nidra Meditation teacher (C-iRest), is Cancer Exercise Specialist trained, Prison Yoga Project trained, and is an Accessible Yoga Teacher. Moreover, she has been trained in yoga for back pain, and yoga for osteoporosis. Further, she is Co-Director of the Yoga Teacher Training (YTT) 200-hour level program, and adjunct faculty of the YTT 300-hour level program at the Yoga Center of Columbia, and has been teaching aspiring yoga teachers since 2008.

She contributes both organizational and financial expertise, creativity in program planning, and Y4A Yoga for Amputees training program development and teaching.