

Course Description, Y4A YTT, Introduction

Title: Y4A Yoga for Amputees Teacher Training, Introduction

Date: October 20, 2024, 1:00-4:00, 3-hr workshop, Online, Cost \$45

Description: This introduction to the Y4A Yoga for Amputees method is designed for yoga teachers and teacher trainees, yoga therapists, prosthetists, physical therapists, occupational therapists, recreational therapists, and medical and other professionals who support amputees and those with limb loss, difference, or limitation.

The training will cover the basics of Y4A Yoga for Amputees yoga including types of amputations and prosthetics, basic considerations in pose adaptations, trauma, grief & loss, military community, and basic breath and meditation considerations. The training is designed to help people understand the basic nature of adapting yoga to meet the needs of amputees.

Note: those interested in learning the depths of the Y4A amputee yoga method and becoming a Y4A teacher listed on the Y4A website, will need to take the 15-hour in-depth weekend training. Also, those interested in having Lucy or Heather teach this introductory training live or as part of one of their trainings should contact Lucy or Heather for further details.

Suggested textbook: *Yoga for Amputees: The Essential Guide to Finding Wholeness After Limb Loss, for Yoga Students and Their Teachers*, by Marsha T. Danzig

This training counts as 3 CEUs with Yoga Alliance.