

YOGA 4 AMPUTEES



Y4 APRIL WORKSHOP

ADAPTIVE YOGA FOR LIMB LOSS & LIMB DIFFERENCE

Y4A Teacher Training Introduction

SUNDAY, APRIL 19

1:00 PM – 4:00 PM

HYBRID FORMAT:

IN-PERSON OR ONLINE



YOGA FOR LIMB LOSS & LIMB DIFFERENCE

Adaptive yoga practices for individuals with limb loss, limb difference, or mobility limitations.

EVIDENCE-BASED Y4A METHOD

Breathing, movement, and relaxation techniques to support balance, strength, and overall wellness.

FOR TEACHERS & PROFESSIONALS

Designed for yoga teachers and healthcare professionals working with the amputee community.



←
ONLINE

REGISTER NOW

→
IN-PERSON



410.720.4340

YOGA FOR AMPUTEES® (Y4A)



columbiayoga.com

For questions or registration details: yoga@heatherthamer.com lucy@lucylomax.com