

Lucy's Workshops and Trainings 2023-2024

1/14/23	Yoga for Arthritis & Osteoporosis	1:00-3:00	25
1/21/23	Anatomy in Action - Applied Yoga Anatomy 1, Lower Limbs & Pelvis	1:00-3:00	25
1/22/23	Trauma-Sensitive Yoga, Prison Yoga Focus	2:00-5:00	0
2/4/23	Anatomy in Action - Applied Yoga Anatomy 2, Pelvis, Lower Back & Core	1:00-3:00	25
2/11/23	Yoga for Your Hips, Hamstrings & Lower Back	1:00-3:00	25
3/4/23	Anatomy in Action - Applied Yoga Anatomy 3, Core, Upper Back, Upper Limbs	1:00-3:00	25
3/11/23	Help for Hyperextension	1:00-3:00	25
3/18/23	Anatomy in Action - Applied Yoga Anatomy 4, Shoulders, Neck & Head	1:00-3:00	25
4/1/23	Yoga for Your Knees	1:00-3:00	25
10/14/23	Yoga for Your Head, Neck and Shoulders	1:00-3:00	25
10/28/23	Yoga for Your Pelvic Floor	1:00-3:00	25
11/4/23	Yoga for Pain Management	1:00-3:00	25
11/11/23	Core Strength for Back Support	1:00-3:00	25
12/2/23	Yoga for Scoliosis	1:00-3:00	25
12/9/23	Yoga for Strength, Balance, and Ease	1:00-3:00	25
Feb 2, 9, 16, 23, Mar 2, 9, 16, 23	Y4A: Yoga for Amputees / Limb Loss / Limb Limitation Teacher Training (Lucy & Heather), Zoom only - COMPLETED!	6:00-7:30	275
Oct 12, 19, 26, Nov 2, 9, 16, 30 & Dec 7	Y4A: Yoga for Amputees / Limb Loss / Limb Limitation Teacher Training (Lucy & Heather), Zoom only	6:00-8:00	350
Mar 1-3, 2024	Y4A: Yoga for Amputees / Limb Loss / Limb Limitation Teacher Training (Lucy & Heather), Hybrid (part of YTT 300)	Fri night through Sun	350

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2024: Jan 13-14	YTT 300: Sat. all day; Sun 12:00-3:00; Foundation, Lower Limbs, Hips	Sat 12:00-6:00; Sun 12:00-3:00	
Mar 1-3	YTT 300: Y4A hybrid Teacher Training (see above) all weekend, with Heather Thamer	Fri night through Sun - 15 hrs	
Apr 13-14	YTT 300: Sat. all day; Sun 12:00-3:00; Pelvis & Core	Sat 12:00-6:00; Sun 12:00-3:00	
5/4/23	YTT 300: Sat. all day 12:00-6:00; Shoulders, Upper Torso, Upper Limbs	Sat. 12:00-6:00	
9/7/23	YTT 300 - Shoulders, Neck and Head, 3:00-6:00	Sat. 3:00-6:00	
Nov 1-2	Accessible / Amputee Yoga Component (Lucy & Heather); Fri. and all day Sat.	Fri 6:00-9:00; Sat 12:00-6:00	
Nov 3	YTT 300 - Yoga for Injuries, Illnesses, Special Conditions (Lucy); all day Sun.	Sun 12:00-6:00	