

## Lucy's Workshops and Trainings 2025

1/11/25	Yoga for Arthritis	1:00-3:00	28
1/18/25	Yoga for Osteoporosis	1:00-3:00	28
2/8/25	Yoga for Your Pelvic Floor	1:00-4:00	39
Mar 7-9	Y4A Yoga for Amputees/Adaptive Yoga Teacher Training (Lucy & Heather)	Fri night thru Sun, 15 hrs.	325(295 early bird)
3/22/25	Yoga for Your Hips, Hamstrings & Lower Back	1:00-3:00	28
4/12/25	Yoga for Your Head, Neck and Shoulders	1:00-3:00	28
5/10/25	Yoga for Your SI Joint	1:00-3:00	28
6/14/25	Core Strength for Back Support	1:00-3:00	28
7/12/25	Yoga for Your Knees	1:00-3:00	28
8/2/25	Yoga for Cancer Support	1:00-3:00	28
9/6/25	Yoga for Heart Health	1:00-3:00	28
10/4/25	Yoga for Scoliosis	1:00-3:00	28
11/8/25	Yoga for When You're Sore, Achy, or Healing	1:00-3:00	28
12/6/25	Yoga for Strength, Balance, and Ease	1:00-3:00	28