

Course Description, Y4A YTT, March 2025

Title: Y4A Yoga for Amputees Teacher Training Weekend, HYBRID

Date: March 7-10, 15-hr weekend, Fri 6-9, Sat/Sun 12-6
Cost \$295 (if registered by March 1); \$325 from Feb. 24 on

Description: This teacher training 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.

This training is designed to illuminate the fundamentals of: amputation (physical, mental, emotional, spiritual), prosthetics, pain management including phantom pain, and movement and balance issues. You will learn to safely adapt poses for above-knee, below-knee, and upper-extremity limb loss, difference, and limitation, and to teach meditation and breathing techniques that support those living with limb loss and limb limitation.

Required 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 15 CEUs with Yoga Alliance.

Upon completion of the training you will be listed as a Y4A Teacher on the Y4A Yoga for Amputees web page.