

Online Y4A: Yoga for Amputees Teacher Training Course
with Lucy Lomax and Heather Thamer
Feb-Mar 2023, and Oct-Nov 2023

Winter 2023 Dates: Feb 2, 9, 16, 23, and Mar 2, 9, 16, 23
Time: 6-7:30pm, Zoom online live streaming

Fall 2023 Dates: Oct 5, 12, 19, 26, and Nov 2, 9, 16 and 30
Time: 6-7:30pm, Zoom online live streaming

Cost: \$275. Early Bird Pricing: Winter – \$250 if registered by Jan 15. Fall – \$250 if registered by Sept 15. Some scholarships available.

Summary of Course Hours:

- Zoom Online Live Streaming Course – 12 contact hrs
 - o Classes will be interactive
 - o Classes will include information and Q&A
- Zoom Online Live Streaming Mentoring Meetings – 2 contact hrs
 - o 4 meeting times will be offered; must attend 2, or
 - o May attend 2 Accessible / Amputee Yoga Classes to observe and meet with Lucy or Heather after the class
- Homework from classes and videos watched – 4 non-contact hours
 - o Homework drawn from Course to include review or lecture materials and selected teaching methodologies
 - o Video watching – selected Y4A methodology videos
- Final Project – Develop and video record a 20-25 minute sample yoga class targeted to a particular audience, e.g., lower limb limitation/loss, upper limb limitation/loss, etc.
 - o Developing plan – 2 non-contact hrs
 - o Taping video – 1 non-contact hr
 - o Review and Discussion with mentors, Lucy or Heather – 1 non-contact hr
- Summary of Hours
 - o Contact – 14 hrs
 - o Non-contact – 8 hrs
 - Total – 22 hrs