

Lucy's Workshops, Trainings, 2026

2026

1/17/26	Yoga for Arthritis	1:00-3:00	28
1/31/26	Yoga for Osteoporosis	1:00-3:00	28
2/14/26	Yoga for Your Pelvic Floor	1:00-4:00	39
3/7/26	Yoga for Hips, Hamstrings & Lower Back	1:00-3:00	28
4/18/26	Yoga for Your Head, Neck and Shoulders	1:00-3:00	28
4/19/26	Intro to Y4A Yoga for Amputees	4:00	68
6/20/26	Core Strength for Back Support	1:00-3:00	28
8/1/26	Yoga for Your Knees	1:00-3:00	28
9/12/26	Yoga for Strength, Balance, and Ease	1:00-3:00	28
Oct 9-11	Y4A Yoga for Amputees/Adaptive Yoga Teacher Training (Lucy & Heather)	15 hrs.	325 - 295
11/14/26	Yoga for Your SI Joint	1:00-3:00	28
12/12/26	Yoga for Pain Management	1:00-3:00	28

2027

1/9/2027(?)	Yoga for Arthritis	1:00-3:00	28
1/30/2027(?)	Yoga for Osteoporosis	1:00-3:00	28