

### Lucy's Workshops and Trainings, 2023

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 (for teachers)	1:00-3:00	25
1/22/23	Trauma-Sensitive Yoga, Prison Yoga Focus	2:00-5:00	0
2/2-3/23	Y4A: Yoga for Amputees Teacher Training (see below)		
2/4/23	Anatomy in Action - Applied Yoga Anatomy 2, Pelvis, Lower Back & Core (for teachers)	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 (for teachers)	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 (for teachers)	1:00-3:00	25
4/1/23	Yoga for Your Knees	1:00-3:00	25
6/10/23	Healing Through Breath & Movement	1:00-3:00	25
7/15/23	Yoga for Your Pelvic Floor	1:00-3:00	25
9/2/23	Core Strength for Back Support	1:00-3:00	25
9/9/23	Yoga for Scoliosis	1:00-3:00	25
10/5-11/23	Y4A: Yoga for Amputees Teacher Training (see below)		
10/14/23	Yoga for Your Head, Neck and Shoulders	1:00-3:00	25
10/28/23	Yoga for Pain Management	1:00-3:00	25
11/4/23	Yoga for Strength, Balance & 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, Thursday nights	6:00-7:30	275
Oct 5, 12, 19, 26, Nov 2, 9, 16, & 30	Y4A: Yoga for Amputees / Limb Loss / Limb Limitation Teacher Training (Lucy & Heather), Zoom only, Thursday nights	6:00-7:30	275
Mar. 1-3, 2024	Y4A: Yoga for Amputees / Limb Loss / Limb Limitation Teacher Training (Lucy & Heather), Hybrid, Friday night through Sunday	Fri.-Sun.	275