

Lucy's Workshops and Trainings 2024-2025, Updated 6/28/24

6/29/24	Yoga for Cancer Support	1:00-3:00	25
10/5/24	Anatomy in Action - Applied Yoga Anatomy 1, Lower Limbs & Pelvis	1:00-3:00	25
10/12/24	Anatomy in Action - Applied Yoga Anatomy 2, Pelvis, Lower Back & Core	1:00-3:00	25
10/19/24	Anatomy in Action - Applied Yoga Anatomy 3, Core, Upper Back, Upper Limbs	1:00-3:00	25
11/30/24	Anatomy in Action - Applied Yoga Anatomy 4, Shoulders, Neck & Head	1:00-3:00	25
12/14/24	Yoga for Pain Management	1:00-3:00	25
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), Hybrid (part of YTT 300)	Fri night through 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
4/19/25	Yoga for Scoliosis	1:00-3:00	28
5/10/25	Yoga for Your SI Joint	1:00-3:00	28
6/14/25	Yoga for Pain Management	1:00-3:00	28
6/21/25	Core Strength for Back Support	1:00-3:00	28
9/6/25	Yoga for Cancer Support	1:00-3:00	28
9/20/25	Yoga for Your Knees	1:00-3:00	28
10/4/25	Anatomy in Action - Applied Yoga Anatomy 1, Lower Limbs & Pelvis	1:00-3:00	28
10/11/25	Anatomy in Action - Applied Yoga Anatomy 2, Pelvis, Lower Back & Core	1:00-3:00	28
10/18/25	Anatomy in Action - Applied Yoga Anatomy 3, Core, Upper Back, Upper Limbs	1:00-3:00	28
11/1/25	Anatomy in Action - Applied Yoga Anatomy 4, Shoulders, Neck & Head	1:00-3:00	28
12/6/25	Yoga for Strength, Balance, and Ease	1:00-3:00	28