

Parkridge Plaza Building
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the Yoga Center
of Columbia

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Accessible Yoga / Yoga For Amputees

Thursdays, 1:00pm - 1:45pm FREE

with Lucy Lomax,

C-IAYT, Certified Yoga Therapist, E-RYT500 & Accessible Yoga Teacher

& Heather Thamer,

E-RYT500, M.Ed & Accessible Yoga Teacher

Accessible Yoga / Yoga For Amputees Classes are Free.

Classes will be taught via Zoom. Participate Online from the comfort of your own space. Registration is required. Visit Columbiayoga.com for dates of upcoming classes and to register.



The practice is designed specifically for people living with limb loss or limb difference, recovering from limb injury or surgery, or anyone with limited movement who would like to ease into the movements of yoga.

The class will include basic yoga poses and associated actions, breath work, and meditation, and will focus on helping the student develop mobility skills to improve their ability to function well in the activities of daily life.

Yoga poses and actions will be modified to include those with and without prosthetics.

Appropriate for all levels – new to yoga, beginner level, or experienced yoga practitioner.

For more info, please email Lucy at yogini7@mac.com or Heather at heather@thamers.com.