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The Phantom Limb, or is it?

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My work as the founder of Yoga for Amputees has centered on the notion that we are all completely whole as we are. Once a person sees himself/herself as whole, they develop a new lease on life. Yoga, or union with all, is a process of self -inquiry into the body, mind and spirit.

Since perception and experience are so closely linked , and the brain is so malleable, it makes sense to me that yoga is one of the most effective tools in helping amputees lessen their experiences of phantom pain by rewiring the neural pathways to reflect this awakened perception of essential wholeness. Yoga can help rewire the brain so that it does not fire up as much with pain signals due to missing limbs.

I teach that not only did an amputee lose a limb , the limb lost a body. Because yoga has been found to be a holographic practice, addressing many layers and systems of the body, mind and spirit, I know that yoga has positive effects on those dealing with phantom pain so their pain is lessened and their quality of life increases .



[Link to article on Integrative Care for Phantom Pain.](#)