

# PHYSICAL , OCCUPATIONAL & BEHAVIORAL THERAPISTS

## Help your clients gain freedom and independence through YOGA

**Yoga for Amputees** offers continuing education courses adapted to your facility's needs, for physical , occupational and behavioral therapists using the healing power of yoga to help amputees feel whole. At your clinic, medical center , office, online, or conference, Yoga for Amputees provides you with long lasting tools that your clients can take home with them for the rest of their lives.

From 2 hour workshops to breakout sessions at conferences, **Yoga for Amputees** will work with you to not only benefit your clients and your facility, but YOU as well.

The research is out. YOGA WORKS!

### Techniques you will learn:

- Basic adaptive yoga sequences for rehabilitation
- Stress reduction and pain management techniques to relax the body and mind
- Range of motion in yoga poses
- Safety techniques
- Assessing your client's goals
- Muscles groups supported in yoga poses
- Benefits and contraindications for yoga for amputees
- Pain management, stress reduction, increased sense of well being, health, peace of mind

*Help your clients at all levels of movement and all stages of limb loss learn healthy yoga tools to reduce pain, stress and limited mobility , while increasing health, peace, and well being.*

Research articles:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3221193/>  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3415184/>  
<http://www.aims.ubc.ca/integrative-therapies-archive/?start=40>  
<http://www.ncbi.nlm.nih.gov/pubmed/21058970>  
<http://www.ncbi.nlm.nih.gov/pubmed/18673078>  
<http://www.ncbi.nlm.nih.gov/pubmed/22178433>  
<http://www.ncbi.nlm.nih.gov/pubmed/21220084>  
<http://www.ncbi.nlm.nih.gov/pubmed/20471550>  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/>  
<http://www.ncbi.nlm.nih.gov/pubmed/22022122>

