

**WWW.YOGAFORAMPUTEESBOOK.COM**

MARSHA THERESE DANZIG , AUTHOR



# **YOGA FOR AMPUTEES**

The essential guide to finding  
wholeness after limb loss for yoga  
students and their teachers



# about marsha

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[marshatheresedanzig.com](http://marshatheresedanzig.com)

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**Marsha Therese Danzig**, M. Ed Harvard , is an Advanced Yoga Therapist, , Author and Speaker with an international client base. Marsha is the author of **Yoga for Amputees, The Essential Guide to Finding Wholeness After Limb Loss for Yoga Students and Their Teachers**. A childhood bone cancer survivor, kidney transplant recipient and an amputee yoga teacher , Marsha has been featured in such magazines as Good Housekeeping ,Yoga Journal, Huffington Post and Oprah Magazine. She is a passionate flamenco and ballet dancer. Marsha's mission is to show amputees how to reclaim their wholeness after limb loss through the healing art of yoga.

**[www.yogaforamputeesbook.com](http://www.yogaforamputeesbook.com)**





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HEALTHCARE

# SPEAKER

WELLNESS

# TESTIMONIALS

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Marsha's work and passion for growth and healing is inspirational. She is a model of how one human being can make the world a better place..

YOGA FOR AMPUTEES WAS FANTASTIC  
TRAINING WITH A LOT MORE DEPTH  
THAN I HAD EXPECTED. I WENT INTO  
THE TRAINING TO DEEPEN MY SKILLS  
FOR WORKING WITH VETERANS  
RETURNING FROM OVERSEAS  
CONFLICTS WITH LIMB LOSS.  
HOWEVER, I LEARNED SO MUCH  
MORE.

I trust and admire  
you and view you  
as one of my most  
influential yoga  
teachers.

Your work is inspiring and  
is an amazing reminder of  
why sharing yoga is so  
important.

*You are truly one of the most gifted  
teachers I have had the privilege to work  
with. All the qualities that you have:  
kindness, gentleness, patience, serenity,  
hopefulness, love, wisdom are hard to find  
in one person.*

Marsha is a BK (below the  
knee) amputee who lost her  
left lower limb to cancer at age  
17 and has been teaching yoga  
and meditation for amputees  
for years. So her knowledge of  
the issues facing an amputee is  
deep and personal.



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# MY REASON

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**Why I wrote Yoga For Amputees:** I started practicing yoga in the 1980's. I was always the only amputee in the class, and always having to adapt to yoga for non-amputees. Years of trial and error convinced me that amputees would benefit from a yoga program just for them. Yoga for Amputees was born, and out of that program , this book , the first of its kind, emerged.

**Why Yoga for Amputees is different from other yoga books:** Yoga for Amputees is a comprehensive book exclusively for the challenges and unique opportunities that amputees have, as well as in -depth resource for professionals working with amputees. Poses are demonstrated by amputees of all levels, whose stories offer testimony to the healing power of yoga.

**Yoga for Amputees** shows aspects of limb loss such as phantom pain, trauma, grief, body image, sexuality, chronic illness, self-care, prosthetics, and stress that are addressed through yoga tools and principles .

**The topic is timely.** Limb loss is .

# INTERVIEW

# QUESTIONS

WHAT ARE YOUR  
GREATEST  
CHALLENGES AS AN  
AMPUTEE?

What is next  
for you?

**How has yoga  
helped you cope  
with difficulties?**

How has your  
childhood  
cancer  
informed your  
life?

What is your  
vision for Yoga  
for Amputees?

What makes  
Yoga for  
Amputees  
different than a  
regular yoga  
class?

WHAT ADVICE  
WOULD YOU  
GIVE TO  
SOMEONE  
FACING ILLNESS  
OR LIMB LOSS?

How do you  
define literary  
success?

# Press



As seen in  
**yoga**  
JOURNAL



**POPSUGAR**



**Good**  
*Housekeeping*

**The  
Boston  
Globe**



**EDGE** *The O&P*



**Hanger**  
Empowering Human Potential

**CAPE COD TIMES**

**CAPE &  
PLYMOUTH  
Business**



**northshore**  
MAGAZINE

Oprah Magazine

Pop Sugar

Refinery 29

Amputee Coalition Conference

Cape Cod Hospital Cancer Survivor Event

Women in Business



# PLACES I HAVE PRESENTED

The James, Ohio State University  
Amputee Coalition Conference NC, KY, MA, TN  
Orthotics Prosthetics Canada, Banff  
Spaulding Rehabilitation Hospital Boston, MA  
American Orthotics and Prosthetics Association MA  
Dana Farber Cancer Institute, MA  
Lahey Clinic, MA  
Boston Children's Hospital, MA  
Ohio Physical Therapy Association, OH  
International Association of Yoga Therapists Conference, CA  
Dayton, OH Veterans Administration & Hospital  
Accessible Yoga Conference, CA, NY  
Cape Cod Cultural Center, MA  
Cancer Community, Portland, ME  
Wounded Warrior Project. MA  
IPCA , Washington, DC  
Carolinas Pain Institute, NC  
Cornell Orthotics and Prosthetics, MA  
Dayton Artificial Limb, OH  
Great Falls Yoga Festival, ME  
Yoga Warriors, MA  
Portland Yoga, Portland , OR  
Yoga Gallery of Healing Arts, NC  
YogaEast, Orlando, FL  
Project Light Rwanda, Rwanda  
Noble Circle, Dayton, OH  
*Countless hospitals, clinics, yoga studios, conferences, events*

## PHOTOS





## PHOTOS





YOGA FOR PHANTOM PAIN

NOW WHAT? FINDING YOUR NEW NORMAL AFTER LIMB LOSS

YOGA FOR ACUTE AMPUTEE PATIENTS

A STUNNING LIFE: SPIRITUAL GIFTS  
FROM A LIFETIME OF ILLNESS

THE ANATOMY OF HOPE: A MIND,  
BODY , SPIRIT MAP  
FOR AMPUTEES

**SPEECH  
TOPICS**

**SURVIVING CANCER LONG TERM: HOW TO WORK  
HOLISTICALLY WITH THE LONG TERM EFFECTS OF  
YOUR CANCER PATIENT**

YOGA AND THE QUEST FOR THE PERFECT BODY

HOW TO TEACH YOGA TO AMPUTEES

HEALING THE HEALER: COMPLETE WELLNESS FOR  
THE SOUL OF A PHYSICIAN

**THE POWER OF JOY IN THE HEALING PROCESS.**

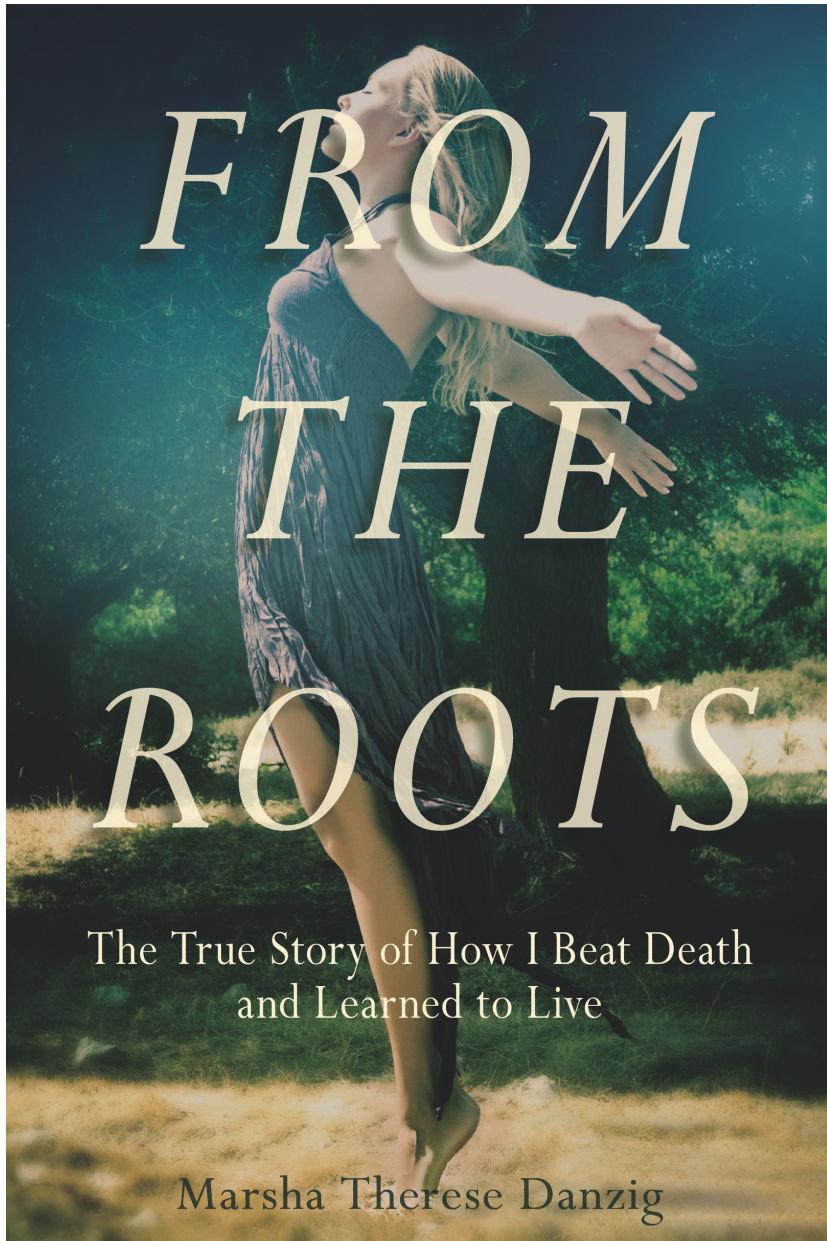
# Marsha's Memoir

## From the Roots

BY MARSHA THERESE DANZIG

ISBN: 978-1-5107-1291-1

Publisher: Skyhorse Publishing




From the Roots explores one woman's decision to find grace, hilarity, and ultimately joy, in the worst of circumstances. As a result of surviving childhood bone cancer twice, Marsha endures long-term side effects that include the amputation of her lower left leg, the loss of her bladder and kidneys, congestive heart failure, a kidney transplant, and scars galore. A rebel to the core, her defiance in the face of disease, doctors, establishment, insincere people, and anyone who would steal her joy or life force offers moments of profound depth and humor. Rather than another tell all about a "girl who is sick and mad about it," this book seeks real resolution and most importantly spiritual meaning to the overwhelming losses she is describing.

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