

## Adapting Yoga with Melanie Waldman

### *Background & Teacher Information*

- Brief description:

We welcome people with disabilities, their caretakers, and allies of all abilities. [OBJ]

Melanie is an amputee who lives with Ehlers Danlos Syndrome. Her passion for sharing an adaptive practice stems from the healing that meditation brought her throughout her limb loss journey.

If you have specific access needs, please feel free to reach out to Melanie at [adaptingyoga@gmail.com](mailto:adaptingyoga@gmail.com) [OBJ]

- Expanded description:

Whether this is your first yoga class or one of many, in the journey of your practice, we can meet you right where you are at!

**Who is this class for?** Anyone! Whether you're disabled/live with a disability, are an ally or caretaker--this specific class program is for you!

### IN PERSON CLASSES

Please dress in comfortable clothes to move around in

### VIRTUAL CLASSES

What you'll need:(phone, smart TV, laptop on a chair, etc)

- Obviously a streaming device with a strong wifi or cell service.
- Some Space to move around. ANY LEVEL: Try practicing from a chair, a bed, or from your couch!
- Comfy clothes to move around in
- Yoga mat
- Optional Props: Pillows, Blocks, Straps, (Emotional Support) blanket

**IF THERE ARE ANY SPECIFIC ACCESS NEEDS THAT YOU MAY HAVE**--- your information will not be shared, this is just information to let our teaching team know what to have prepared and help us to prevent causing any harm or injury--**Please feel free to email me**  
**[adaptingyoga@gmail.com](mailto:adaptingyoga@gmail.com)**

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### *Background & Teacher Information*

#### ABOUT YOUR TEACHER:

Melanie Waldman is a right arm amputee and—as a registered yoga teacher—specializing in teaching “adaptive & accessible (chair) yoga”, which is specifically designed as a practice for both people with disabilities, as well as their allies and caretakers!

Melanie is visibly disabled and also lives with autoimmune diseases RA, Ehlers Danlos Syndrome, and more. She is based in the Tristate/NJ area, and is native to Atlantic City, NJ. She’s a graduate of Rutgers University and holds her Bachelor’s Degree, double majoring in degrees within the School of Communication and Information & Mason Gross School of the Arts.

After graduation, and while working the 2013 Disney College Program, Melanie developed a blood clot in the artery of her right wrist, which caused her medical team to eventually give her heparin. However, after many clot busting methods, Melanie suffered an extremely rare and life threatening reaction, known as a heparin induced thrombocytopenia (HIT). When she came to, she remembers her medical team's words "surviving a HIT is like seeing a unicorn"—it just doesn't happen sometimes. Her right arm was eventually amputated below the elbow, and she still celebrates her "alive day" each year. This will be Melanie's 10th year, living as an amputee, as of Sept 18, 2023.

In the past, she has worked as a model and actor with brands like Nike Adaptive, Aerie by American Eagle, and Taska Prosthetics—to name a few! She's served as yoga instructor for Challenged Athletes Foundation (CAF), Lucky Fin Project and Amputee Coalition of America. She's also been posted as a public speaker for both Pfizer & Medtronic, as well.

*Melanie is a true example of how life can always turn itself around.* She is now a proud member of SAG AFTRA, serving on her Philadelphia local's DEI committee. **She now works at QVC, as on air talent.** She's also currently the lead acting coach at Weist Barron Ryan's "Rising Stars", commercial acting classes for students with disabilities. Her podcast “Little Miss Representation”, which is presented by Amplitude Media Group, focuses on Disability in Media. First episode, linked here: [https://youtu.be/BgkfUz0pjbo?si=Gu-jlM3Rd-umfa\\_x](https://youtu.be/BgkfUz0pjbo?si=Gu-jlM3Rd-umfa_x)

"Though Waldman's Disney dreams were halted following her hospital stay, she set out on a journey where she learned that “the most magical place on earth” was already within her”  
-Krystle Bailey, Shore Local

[https://shorelocalnews.com/local-woman-creates-a-new-life-following-limb-loss/?fbclid=IwAR1n7pvJcxUct0bzBUlbUad6tF5Z3NZO9dv4kdqL\\_81Qw09wIxsn1iDsBDI](https://shorelocalnews.com/local-woman-creates-a-new-life-following-limb-loss/?fbclid=IwAR1n7pvJcxUct0bzBUlbUad6tF5Z3NZO9dv4kdqL_81Qw09wIxsn1iDsBDI)