

Ginger Garner DPT, ATC/LAT, PYT

Dr. Garner is an orthopaedic physical therapist whose focus is yoga's use in healthcare and self-care. Her clinical specialties include pain management and women's health. Dr. Garner is the founder of Professional Yoga Therapy Institute, an international, interdisciplinary post-professional medical yoga therapy certification for healthcare professionals. She lectures internationally and teaches for multiple universities and organizations on the application of yoga in healthcare. She is an advocate for equal rights and access to biopsychosocial-driven healthcare via improving health literacy for yoga's inclusion in health- and wellness care, particularly to foster gender equity in healthcare, improve access to PT, and social justice for mothers. Her textbook, *Medical Therapeutic Yoga*, is a multi-media educational platform including video, online, and onsite instruction, and was just published in 2016 to positive reviews. Dr. Garner lives with her husband and three sons in a charming seaside community on the East Coast of the United States.