

Ginger Garner DPT, ATC/LAT, PYT

Dr. Garner is an orthopaedic physical therapist, author, and educator whose clinical focus is yoga in healthcare and self-care. She is founder of the Professional Yoga Therapy Institute (PYTI), an international, interdisciplinary medical yoga therapy certification for healthcare professionals, established in 2000. She serves at multiple universities to integrate yoga into the medical classroom. She is also a faculty member at Herman and Wallace Pelvic Rehabilitation Institute where she teaches specialty coursework on yoga for hip, prenatal, labor, and postpartum populations. A perpetual student and music lover, Dr. Garner enjoys applying instructional design in yoga education, exploring safe yoga application in hip and pelvic dysfunction, and studying the effects of sound production on vagal function and tri-diaphragmatic tone. Dr. Garner is an advocate for egalitarian access to yoga in healthcare, with particular interest in fostering gender equity in healthcare, improving health literacy, and social justice for mothers. Her clinical specialties include hip and pelvic health, pain management, and injury prevention in yoga, with an emphasis on women's health. Her current projects include pursuing research at The University of North Carolina at Chapel Hill on yoga and trauma. She is the author of the forthcoming book and multi-media platform, *Medical Therapeutic Yoga*. Dr. Garner lives with her husband and three sons in a charming seaside community on the East Coast of the United States.