

# Pain Care Yoga Workshops

## Neuromotion is offering pain care yoga workshops!

The first workshop is **Pain Care Yoga**, and will be three days running from December 1-3, 2017. The second workshop is **Overcome Pain Through Gentle Yoga**, also three days running from January 12-14, 2018.

When both courses are completed, practitioners will receive a **Pain Care Yoga** certificate. Courses can be taken separately to enrich your knowledge base, however practitioners will not receive the pain care yoga certification unless both are completed.

### Course Dates

Pain Care Yoga: **Dec 1-3, 2017**

Overcome Pain Through Gentle Yoga: **Jan 12-14, 2018**

*\*together equal pain care yoga certification*

### Registration information

Register through [PABC website](#) or [Eventbrite](#) "Paincare Yoga"

### Venue

**Neuromotion Physiotherapy + Rehabilitation Clinic - Surrey**  
Suite 203 - 13737 96th Ave, Surrey, BC V3V 0C6

### Registration Deadline

November 15, 2017

### Phone

778 293 3322

### Cost

**PABC & CAOT members, MD's, Certified Yoga Instructors**

\$575 per course, \$1,000 for both.

**Non PABC & non CAOT members**

\$700 per course, \$1,400 for both.

### Prerequisites

Regulated healthcare professional or RYT200.





### **Pain Care Yoga: 3 days**

This workshop provides in-depth integration of **pain science, innovative pain self-management techniques, yoga philosophy and yoga practices** for healthcare workers and practitioners.

Participants will gain a solid foundation in pain science, and in yoga related to pain and pain management. Daily yoga practices and pain self-management skills acquisition will ready teachers and practitioners to begin integration of Pain Care Yoga into their clinical practices and yoga classes, leading to improved benefits and outcomes.

#### **Learning Objectives**

- 1.** The participant will gain the ability to describe basic pain neurophysiology as well as eight key neuroplastic changes related to chronic pain.
- 2.** The participant be able to demonstrate instructing a client in the guidelines for how to move in the face of pain, including the five key questions that increase success of recovery of function.
- 3.** The participant will be able to list four benefits of breathing and body awareness techniques, and nine benefits of practising yoga postures, specifically related to the lived experience of pain.

### **Overcome Pain Gentle Yoga: 3 days**

Immerse yourself in three days of learning to live with more ease. This course will include patients models with chronic pain where you can practice your skills and lead classes. You can sit, lay down, and move as you need, while experiencing safe effective practices to decrease your pain, and help you move with more ease. **You will explore modern science-based views on pain and chronic pain, while empowering yourself with practical tools for daily pain care.** These yoga techniques can be modified for all, to help move with more ease again, wind down your nervous systems and promote positive, lasting changes in your life. **Open to all levels of yoga experience.**

#### **Learning Objectives**

- 1.** The participants will be guided in a group setting with patient models, through specific techniques and practices that integrate pain science, yoga and movement - specific for individuals with complex chronic pain conditions.
- 2.** The participant will gain a new understanding of pain, as it relates to western science, to specific yoga techniques, and to Yoga philosophy.
- 3.** The participant will gain an understanding of how to integrate these practices into daily life, and the importance of daily planning to effective self management goals.