

# Physio Yoga Workshop

## Bridging Science & Yoga to Help People in Pain

**Saturday, September 29, 2018**

8:00am - 4:30pm (lunch 12 -1pm)

**Cost \$175 (\$165 members)**

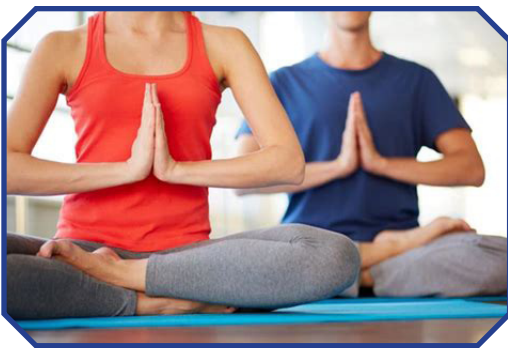
### **During this workshop you will learn:**

- *How a combination of yoga and current pain science can safely and effectively be used to and manage pain*
- *How to move with more ease and progress towards an improved and thriving quality of life*
- *Changes that result in the brain and nervous systems when pain persists*
- *Self-empowered, biopsychosocial and evidence-based approach to pain management*
- *Self management techniques to reduce pain and support moving with more ease*
- *A combination of theory and experiential components, including awareness practices, movement, breathing methods, meditation and yoga philosophy*



**Shelly Prosko**

Physical Therapist &  
Professional Yoga Therapist



### **This workshop is appropriate for:**

- *Yoga teachers, yoga therapists, health care providers*
- *People in pain or people interested in helping others to reduce and manage pain*

**\*\*This workshop is not intended to assess or treat or act as medical advice. Please seek guidance and treatment from your health professional in your area for any unmanaged conditions.\*\***

**# 206, 2016 Sherwood Drive . [yogafortoday.ca](http://yogafortoday.ca)**

