

Tamara James

Holistic Yoga Practice to address pain and fear of movement

Date: October 2, 2016

Time: 1435 hrs – 1520 hrs

In this session we will enjoy a yoga practice that addresses pain and limitation; and builds confidence in movement. Integration of education, graded exposure to feared movement and enquiry into beliefs will be explored to demonstrate components of *yogaphysio* that bring benefits to those suffering with persisting pain.