

Tamara James

Models for understanding and managing persistent Pain and fear of movement: Where does yoga come in?

Date: October 1, 2016

Time: 1225 hrs – 1310 hrs

In this session we will review the current Western and yogic models of understanding persistent body pain. We will investigate how kinesiophobia impacts on movement and function. Finally, we will consider current treatment modalities and explore how yoga, which includes *asana*, *pranayama* and *meditation* can be adapted to provide evidence based care to alleviate suffering.