The Science & Practice of Yoga for Chronic Pain

Given yoga’s research evidence as an integrative treatment for the management of chronic pain, healthcare settings are recruiting skilled yoga teachers. In the 6-hour *Science & Practice of Yoga for Chronic Pain* workshop, we will discuss the latest scientific understanding of chronic pain, provide a yogic conceptualization of chronic pain, and explore yogic techniques to reduce pain, foster a healthy nervous system, and enhance wellness and resilience. Participants will learn:

- Scientific underpinning of chronic pain and chronic pain conditions, including changes in the nervous system.
- Evidence-based yogic practices that can decrease pain sensitivity and interference in daily living and increase adaptive coping skills and emotional wellbeing in individuals with chronic pain.
- Practice skillful and evidenced-based techniques when speaking to patients/students with chronic pain, as to foster hope and resilience and reduce fear and avoidance.

This workshop offers experiential and applied learning activities, as well as small and large group didactics, group practice, to explore evidenced-based techniques, and self-exploration.

| Logistics | **Saturday, April 18; 9 am to 5pm** (with a 1-hour lunch break on your own)  
Room 115/117 at 1520 Page Mill Road (adjacent to campus; free and ample parking) |
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| Instructors | Dana Dhammakaya Colgan, PhD, C-IAYT  
Neuropsychologist, Yoga Therapist, Meditation Instructor & Mind-Body Researcher  
Nina Hidalgo, PhD, RYT200  
Pain Psychologist, Yoga Teacher & Mindfulness Facilitator |
| Purpose | To teach the latest science underlying chronic pain conditions and yogic techniques designed specifically for the treatment and management of chronic pain conditions. |
| Cost | $150 (includes 6 CEs from Yoga Alliance for those who are certified yoga teachers)  
Scholarships are available for those with financial need |
| Yoga Skills | This workshop is directed to yoga teachers, as well as healthcare professionals who integrate yoga strategies into their scope of practice |
| Registration | To sign up for participation, email yogaxteam@stanford.edu or visit our website at https://www.yogaxu.com/classes-and-workshops |
| Related Workshops | • The Science and Practice of Adaptive Interoceptive Awareness  
• The Science and Practice of Resilience and the Psychophysical Stress Response  
These workshops will build on each other, but attendance in one is not dependent on attendance in the previous workshops. |

All instruction will take place on the floor or a chair. Participants are best served by dressing in layers for light to moderate activity. Yoga props are provided. Participants are encouraged to bring a bottled water. Liability waivers will be provided at the start of class.

Learn more about **YogaX**: [www.yogaxu.com](http://www.yogaxu.com)