

**Self Compassion in Pain Care Series:
Body-Mind-Breath Practices for People in Pain**



This 4-part online series offers practices and education surrounding the concept and value of self-compassion in pain care.

For details and to register visit:

<https://vimeo.com/ondemand/selfcompassionpaincare/908451511>

Use code: selfcompassion25 to receive 25% discount for yourself or give to your patients.

Movement, mindfulness and breathing practices have all been shown to improve many aspects of our physiology and psycho-emotional health, including pain. But sometimes these practices can increase pain. How we move, breathe, what we think and feel about ourselves, and our habitual self-talk or self-criticism can be useful to consider and explore in pain management.

Research suggests that self-compassion can be helpful for people with a wide range of health issues, including chronic pain.

Many compassion and pain researchers and people in pain agree that self-compassion is a radical act of self-care and consider it to be the foundation of successful pain care.

Join Shelly Prosko, physiotherapist and yoga therapist, in these recordings of the 4-part class series to experience the practice of cultivating self-compassion within the context of chronic pain.

The series includes self-compassion principles and practices with yoga-inspired practices to guide you to move, breathe, reflect, explore, learn and experience the dynamic process of self-compassion.

The principles and practices learned and experienced in this series can be shared with your patients in a clinic setting.

WHAT TO EXPECT:

This series includes 4 sessions:

- o The first session opens with a 50 minute compassionately guided practice of mindful movement, breathing, and awareness practices; and ends with an introductory 20 min presentation about the components and benefits of self-compassion.
- o The second session includes more guided practices (60 minutes of gentle, compassionately guided movement, breathing and mindful awareness activities) and ends with a presentation about the common misconceptions of self-compassion along with the research around self-compassion and chronic pain.
- o The remaining 2 sessions are entirely practice and include: a variety of additional mindful awareness practices, gentle movements, breathing practices, self-compassion practices (including the self-compassion body scan), and self-reflective practices.

Whether you are a person who lives with pain or a professional who works with people in pain, this class series is an opportunity to explore, learn and experience gentle practices guided by Shelly whose teaching is informed by her professional and clinical experience, life experience, compassion research, and Pain Care Aware™ principles integrating yoga, pain science, and people's own lived experience of pain that has been generously shared.

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