Pain is BOTH an Emotional and Physical Experience

Yoga, in Sanskrit, means Union of Body, Mind, and Spirit.
LISTEN
Body in Mind and Mind in Body
PAIN in the BRAIN

10/9/2017
Empathy is a tool of Compassion
-Brene Brown

Compassion is an Opportunity to connect to the Spirit

"I know this must be hard"
"I understand how you feel"
"You're not alone in your story of..."
Renewed and Refreshed
References:

Books

2. Yoga for Pain Relief. Simple practices to calm the mind and heal your chronic pain, 2009. Kelly McGonigal

Videos


Articles

2. B Oosterhof, J Dekker, Sloots, Bartels (2014). Success or failure of chronic pain rehabilitation: the importance of good interaction-a qualitative study under patients and professionals. Disability and Rehabilitation, 36 (22)