

# Yoga and Physiotherapy Congress

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## Therapeutic applications of yoga principles for chronic pain

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This workshop is the extension of the “yoga applications in the rehab setting” lecture. In this principle based workshop, you will learn the strategies behind when to utilize specific applications of asana, pranayama and pratyahara, all of which are established methods to create parasympathetic dominance in the nervous system. People in pain are stuck in a negative feedback loop, in a situation where motion creates pain, which creates anxiety and fear around movement, which leads to more fear and anxiety around pain. Awareness of self during painful moments can assist in being in the moment, as opposed to of the moment, which, based on the biopsychosocial model of pain is important. When someone is in pain, utilizing pranayama, asana and pratyahara principles works with biology, psychology and sociology all at the same time.

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