



# Yoga for Managing Chronic Pain

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A Workshop with Kapil Agrawal

Profoundly Yogic is based in Seattle, founded by Kapil Agrawal. Inspired by the authentic and vibrant traditions of yoga and tantra, we endeavor to share the profound insights of the yoga masters in a way that is accessible and transformative.

## About Your Instructor



Kapil Agrawal

Kapil's association with yoga and tantra started in 1991. Since that time he has undertaken intense study, training, and practice. In his search for an authentic tradition that was accessible, methodical, and transformative he found his way to the Bihar School of Yoga.

Kapil is registered with Yoga Alliance at the RYT500 level and is a YACEP (Yoga Alliance Continuing Education Provider).

Kapil has a Ph.D. in Chemical Engineering from Princeton University. He has served on the Board of the Iyengar Yoga Association of Greater New York, and the Yoga Academy of North America.

# Chronic Pain

- According to a recent NIH study one in five adults in the US experienced chronic pain in the last year, sometimes with no discernible cause.
- Chronic pain is pain that lasts for more than several months, longer than the period for "normal healing".
- The pain can be there all the time, or it may come and go. It can happen anywhere in one's body.
- Chronic pain can affect one's quality of life and productivity, and it may be accompanied by disturbed sleep, anxiety, depression, and other problems which can make the experience of pain worse.
- This response creates a cycle that's difficult to break.

# Complementary Approaches

- Yoga practitioners will not be surprised in the least that scientific evidence suggests that complementary health approaches (beyond the typical medical methods) may help people manage chronic pain.
- Studies indicate approaches including yoga may help relieve chronic pain and reduce the need for pain medication.
- Studies have shown that practices which would fall in the haṭha yoga and rāja yoga domain are both helpful in decreasing pain intensity and improving physical functioning.



# Workshop Overview

- While the experience of chronic pain affects us physically, energetically, mentally, and emotionally, typically only *āsanas* are proposed by many yoga instructors for managing the same.
- By design, the yogic framework addresses the whole individual - body, energy, mind, emotions, etc.
- In this workshop we will work with the yogic framework and access the expansive toolkit of yoga to help better manage chronic pain.
- Kapil has personal experience managing chronic pain and has found relief by employing these practices.
- The workshop will be focused more on practices rather than theory.

# Audience for this Course

- Students dealing with chronic pain and seeking a holistic approach to facilitate management of the same.
- Even if you are not currently experiencing chronic pain, the practices in the will be beneficial in gathering and strengthening the healing forces we all need.
- Yoga instructors seeking to understand how to deploy the full yogic toolkit in this regard.

# Practice Overview

- We will work with specific practices including:
  - healing *mantras*,
  - *āsanas* to balance and channel the energies of the body to promote healing,
  - *prāṇayāma* to balance the nervous system,
  - and *yoga nidrā* and meditation to promote relaxation and learning to witness with detachment.
- Over the course of the workshop, practices will be developed to naturally move the awareness from the physical to the more subtle aspects of our being.
- In aggregate these practices will help develop the potential to reduce the perception of pain and the negative thoughts and emotions associated with it.



# Workshop Structure



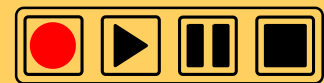
## Course Location

Online via Zoom.



## Session Format

Each session will last two hours with practice and time for questions.



## Recordings

Sessions will be recorded to allow review of material.



## Schedule

Four sessions spaced one week apart.

# Workshop Dates



Saturdays 11am to 1pm US Eastern Time

Session 1: April 1

Session 2: April 8

Session 3: April 15

Session 4: April 22

Enrollment limited to 25 students

Investment: \$180

Discount of \$30 available until March 15, 2023

Continuing Education Credits:

Workshop eligible for 8 contact-hours through Yoga Alliance.

Have a question? We'd love to hear from you!

E: [info@profoundlyyogic.com](mailto:info@profoundlyyogic.com)