

Finding Relief from Chronic Pain

WITH CHASE BOSSART



A four week series class that will address and provide tools to manage and alleviate chronic pain.

DATES: Wednesdays | June 9th - June 30th

TIME: 5:30-6:45pm

COST: \$100 for series (includes a 30 minute consultation)

At Healing Yoga Foundation, we recognize that suffering from chronic pain can make managing daily life a challenge. We believe yoga can be a strong alternative to managing pain. We have had great success with individuals who have come to us whether facing pain due to general discomforts to more specific chronic conditions or illness. We work in conjunction with various medical and complementary professionals to provide an integrated approach to pain management.

Breath, movement, mediation and sound are used in specific ways to alleviate chronic pain.

Some conditions include:

- Chronic back and neck pain
- Scoliosis
- Sciatica
- Headaches and Migraines
- Pain related to chronic conditions and diseases (i.e. arthritis, diabetes, cancer)

What people have said

“When I came to HYF in 2007 I had been in chronic pain for three years. I had been diagnosed with two bulging discs in my lower back along with degenerative disc disease and arthritis. At just 39 years old I was debilitated. I couldn’t sit for long periods, stand for long periods, walk for long periods, my sleep was interrupted and I couldn’t participate in many of the physical activities I loved like biking, running, surfing and yoga.”

“When I started working with you I started to see immediate results. With a combination of gentle postures, movement and breath work, over the course of one year I gained a range of motion, balance and strength that I hadn’t experienced since I was a competitive athlete in college! My back pain is 100% gone and the strength and flexibility that I’ve gained are allowing me to do more than I was able to do before I was injured!”

“I had doubted that I would feel this way again.”

-JK, Half Moon Bay