

MINDFUL MOTION PROGRAM

Gentle Yoga and Pain Science based treatment for Persistent Pain

What:

An **interdisciplinary 6** week (1x 90min per week) small **group program** for people with **persistent pain** involving:

- Gentle yoga-based **movement**
- Embodied **pain science education**
- Mindfulness, meditation and relaxation **skills**
- Group **support**
- Written **activities**



Why:

To address the barriers that may lead to poor outcomes in traditional pain management models. The program offers:

- **Accessible community-based treatment**¹
- **Evidence-based strategies**^{2,3,4} in a wellness context (i.e., yoga studio)
- **Continuity post hospital pain program**
- **Experiential learning vs didactic education**
- **Regulation before education**



Facilitated by:

Sarah Creamer - Pain Physiotherapist, and Hannah Tregga - Health Psychologist. They both also work clinically within Resolve Pain.



Who is it suitable for?

Clients with **persistent pain** seeking complementary care. There are no physical requirements needed to participate. *An individual interdisciplinary assessment will be conducted prior to the program to ensure suitability*.

Rebates:

Available for eligible participants under *Mental Health Treatment Plan, Enhanced Primary Care Plan, Private Health Funds, Workcover, NDIS, and DVA.*

Referrals: Send encrypted referrals to:



mindfulmotionprogram@gmail.com

References

1. [RACGP - Chronic pain](#)
2. [Pain Facts | Pain Revolution](#)
3. [Yoga and Pain - Pain Management - painHEALTH](#)
4. [RACGP - Mind-body therapies – use in chronic pain management](#)