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FOR IMMEDIATE RELEASE

**- RESEARCH NOW SHOWS YOGA IS LINKED TO
PHYSICAL BRAIN CHANGES -**

PAIN EDUCATOR NEIL PEARSON LAUNCHES

ONLINE FREE `YOGA FOR PEOPLE IN PAIN` SERIES STARTING JANUARY 7

Vancouver, Canada - Respected pain educator Neil Pearson hosts an online session announcing some of the most recent research findings about yoga for chronic pain, in a live five-part webinar series launching **January 7th at 11am** (Pacific Standard Time) .

``Yoga for People in Pain`` will be free to the public.

A physiotherapist, yoga therapist and university educator, his live interactive presentation will focus on the importance of new brain research for people in pain, and he will outline a path that pain sufferers can follow to enhance their pain self-management abilities.

The free webinar series by the Canadian Institute for the Relief of Pain and Disability (CIRPD) provides an opportunity for people living with pain, as well as their families, to learn from top researchers and practitioners about the latest research into and treatment of chronic pain and how to live well with chronic pain.

CIRPD's webinar participants come from 240 communities across Canada, from many US states, and from other countries throughout the world.

- ***What we know about yoga for pain, from new research:***
 - Yoga changes the shape and structure of the brain – a thickening of the cerebral cortex
 - Research shows that those with a thicker cerebral cortex have greater tolerance to pain
 - Practicing yoga reduces the physical and psychological symptoms of chronic pain in women with fibromyalgia
- ***What we know about chronic pain:***

Close to thirty percent of Canadians are struggling every day to find ways to reduce the impact of chronic pain in their lives.

Neil Pearson PT, MSc, BA-BPHE, CYT, RYT500 is a Clinical Assistant Professor at UBC, and the first physical therapist to ever win the Excellence in Inter-Professional Pain Education Award from the Canadian Pain Society. He is a Board member of Pain BC, founding Chair of the Canadian Physiotherapy Pain Science Division, a physiotherapist, yoga therapist, and creator of

Pain Care Yoga certification. Neil works exclusively with people in pain. He teaches health care professionals and yoga therapists through Canada and USA, taking every opportunity to integrate their training with our most insightful teachers – those living in pain.

(more)

Neil has some specific stories that he can share about people whose pain was dramatically changed by this kind of yoga.

We can also refer you to three Vancouver doctors who have seen the results of this yoga on pain patients, should you wish to also speak to them for the story.

The **Canadian Institute for the Relief of Pain and Disability (CIRPD)** has, since 1986, played a major role in bringing together researchers, health professionals and patients to prevent and reduce pain, pain-related suffering and disability. CIRPD is an affiliate member of the Canadian Cochrane Collaboration which is dedicated to the production and dissemination of findings from a synthesis of high quality research.

For more information about this series, **to schedule an interview with Neil Pearson,** or for (*) research references, please contact: Lisa Mighton at 778-373-6130 or education@cirpd.org.

This webinar is co-sponsored by:



In collaboration with:



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