

# THE PAIN WORKSHOP BY



PHYSICAL THERAPY + INTEGRATIVE WELLNESS

## LEARN, MOVE, HEAL

- **Safety, Curiosity, and Compassion:** This workshop fosters a safe space for learning about pain, your body, and yourself with curiosity and compassion.
- **Learning Through Exploration:** Engage in practices to gain insights through action, feeling, and direct experience.
- **Understanding Pain and Healing:** Pain is complex and can be confusing. This workshop guides you to discover and positively influence your body's natural healing processes.

**WITH**

***Dr. Andrew Hammond, DPT, OCS***

Doctor of Physical Therapy

Board-Certified Orthopedic Clinical Specialist



Bring a yoga mat  
and cushion  
if you have them  
(if not, we have extras!)



**THE 2ND WEDNESDAY OF EVERY MONTH**

**555 2ND STREET, ENCINITAS, CA**

**6:30PM-8:00PM**

**\$15-\$25 SLIDING SCALE**

**NO REGISTRATION NECESSARY // JUST SHOW UP!**

Visit [www.ConsciousPhysicalTherapy.com/events](http://www.ConsciousPhysicalTherapy.com/events) for more info