

**CHRONIC PAIN: FACTORS THAT MAY CONTRIBUTE TO IT AND HOW WE MIGHT MANAGE IT AND
PERHAPS LESSEN ITS POWER TO DEGRADE OUR LIVES**

**Spring 2025 workshop
taught by Irene Dowd
in collaboration with Stephen Williams
Saturday, February 15, 2025
2:30 – 4:30 PM**

Chronic pain is generally defined as pain that lasts for more than 3-6 months. It can be due to habits that require over-use of certain muscles, injury to any of our tissues that results in swelling or inflammation, hypersensitization due to experiencing too much physical &/or emotional trauma, fear of the implications and losses entailed in an injury or illness, inability or resistance to deal with a trauma, too many stressors or crises taking place at once, sustained increased physical demands, excessive physical weakness that creates vulnerability to injury in daily life. We will consider ways of creating strategies for dealing with chronic pain that are suitable to ourselves. This sometimes means transforming the “meaning” of the pain, managing our fear, finding alternative lifestyle activities that do not stress the painful areas, building strength, becoming more aware of unconscious habits of usage that cause us pain, transforming our physiological stress reactions, or creating different new strategies.

Date: Saturday, February 15, 2025

Time: 2:30 - 4:30 p.m.

Location: Noho Pilates, 611 Broadway, Suite 608, NYC 10012 (northwest corner of Broadway and Houston Streets)

Pre-registration is required in any case, in order to be allowed onto Zoom site of workshop

For more information: e-mail Stephen Williams at nohostudio@yahoo.com, and/or e-mail Irene Dowd at eidcas@gmail.com

NOTE: Zoom class will be available to participants for viewing for 7 days after workshop

Fee: \$80 - Pay to Stephen Williams with **PayPal or Venmo**. Contact Stephen Williams at nohostudio@yahoo.com and make your payment to him. If you want to pay by check, write your check to Stephen Williams and mail to: **Noho Pilates, 611 Broadway, Suite 608, NYC 10012. Please make sure that you get your payment to him before the course begins so that he can send you the Zoom link, and the handouts in advance.**

Payment must be made to: "Stephen Williams" by check or PayPal or Venmo. If making payment by mail, send to: Stephen Williams at Noho Pilates @ 611 Broadway, Suite 608, NYC 10012