

Introduction to Mindfulness for Chronic Pain



with Dr. Michael Aanavi

Research suggests that cultivating the quality of mindfulness can substantially shift the *experience* of pain, helping people to live with greater ease, and with a different relationship to their bodies. This introductory class series will present an overview and discussion of the relationship between mindfulness, embodiment, and pain, and some simple mindfulness practices that can be incorporated into a pain management regimen.

4 Thursdays: October 1, 8, & 29, 6:30-8:00 PM, and October 15, 6:30-8:30PM. Classes will be held in downtown Anchorage. Cost is \$250 for the full series. Space is limited; to register or for further information, please contact Dr. Aanavi at mpaanavi@gmail.com or 907-297-8590.



Michael Aanavi, PhD, LAc, is a clinical psychologist and licensed acupuncturist in practice in Anchorage, Alaska. He has practiced meditation in various traditions for over 25 years, is former director of a mindfulness-based primary care health psychology program, and trained in mindfulness-based interventions with UCSD Center for Mindfulness. For further details, please visit his website: www.michaelaanavi.com

This series is educational and does not offer medical or psychological diagnosis or treatment.