



A Chronic Pain–Management Conference for Healthcare Professionals
SHIFTING THE PARADIGM
October 8–13

SUNDAY, OCTOBER 8

7:30–7:45 pm **Welcome and Overview**
Denise Barack, Director of Program Innovation at Kripalu

7:45–9:15 pm **Opening Keynote**
A Nation in Pain: Healing Our Biggest Health Problem
Judy Foreman

MONDAY, OCTOBER 9 | THE PSYCHOLOGY AND NEUROSCIENCE OF PAIN

8:30–11:30 am **Morning Keynote**
Why and How Things Hurt
Lorimer Moseley, DSC, PhD

11:30–1:30 pm Lunch

1:45–3:45 pm **Panel Discussion and Q&A**
Changing the Pain Paradigm Through Neuroscience
Lorimer Moseley, DSC, PhD and Fadel Zeidan, PhD
Moderator: Neil Pearson, PT

4:15–5:45 pm **Yoga Class for Pain Care** (optional)
Neil Pearson, PT

5:30–7:00 pm Dinner

7:30–9:00 pm **Self-Care to Prevent Provider Burnout** (optional)
Instant Self-Care for Healthcare Professionals
Lisa B. Nelson, MD

7:30–9:30 pm **Other Approaches to Treating Pain** (optional)
Neuro-Emotional Technique and Quantum Neurology for Pain Relief
Teshna Beaulieu, DC, QNCP

TUESDAY, OCTOBER 10 | MINDFULNESS AND ALLEVIATING SUFFERING

8:30–11:30 am **Morning Keynote: An Integrated Lecture and Practice**
The Neuroscience of Mindfulness Meditation and Pain
Fadel Zeidan, PhD

11:30–1:30 pm Lunch

11:45–12:30 pm **Mindful Eating Space** (optional)

One Bite At A Time

Moderated by Jill Satterfield

1:45–3:45 pm **Afternoon Keynote: An Integrated Lecture and Practice**

A Twisted Story: Healing Chronic Pain through Mindfulness and Yoga

Jill Satterfield

4:15–5:45 pm **Yoga Class for Pain Relief** (optional)

A New Approach to an Ancient Practice

Lee Albert, NMT

5:30–7:00 pm Dinner

7:30–9:00 pm **Self-Care to Prevent Provider Burnout** (optional)

Ayurvedic Rejuvenation and Resilience

Erin Casperson

7:30–9:00 pm **Other Approaches to Treating Pain** (optional)

Lymph Stagnation and Chronic Pain

Edely Wallace

WEDNESDAY, OCTOBER 11 | THE SCIENCE OF YOGA AND PAIN

8:30–9:45 am **Morning Keynote**

Yoga for Chronic Pain: The Psychophysiological Rationale

Sat Bir S. Khalsa, PhD

10:00–11:30 am **Morning Keynote**

Yoga Research on Chronic Pain Across the Lifespan

Lonnie Zeltzer, MD

11:30–1:30 pm Lunch

11:45–12:45 pm **Mindful Eating Space** (optional)

An Ayurvedic Perspective

Cynthia Papa-Lentini, PhD

1:45–3:45 pm **Panel Discussion and Q&A**

The Intersection of Mindful Movement and Pain: Helping Our Patients Move with Ease

Lonnie Zeltzer, MD, Neil Pearson, PT, Jill Satterfield, Marlysa Sullivan, PT

Moderator: Lisa B. Nelson, MD

4:15–5:45 pm Kripalu Yoga classes (*optional; see Information Boards for levels and locations.*)

5:30–7:00 pm Dinner

7:30–9:30 pm **Community Night: An Interactive Cognitive Experience (optional)**
Introduction to RISE: Conscious Leadership for Frontline Providers
Edi Pasalis, MBA, MTS, Director of Kripalu Institute for Extraordinary Living

Understand Pain, Live Well Again

Neil Pearson, PT

THURSDAY, OCTOBER 12 | CONNECTION, COMPASSION, AND CHALLENGES

8:30–10:00 am **Morning Keynote**

Connection Heals: Biomedical and Yoga Therapeutic Perspectives and Treatment

Marlysa Sullivan, PT

10:15–11:30 am **Morning Keynote**

Compassion for Patients: The Power of Listening

Lisa B. Nelson, MD

11:30–1:30 pm Lunch

11:45–12:45 pm **Mindful Eating Space (optional)**

Food and Pain: The Promise and the Peril

Lisa B. Nelson, MD

1:45–3:45 pm **Afternoon Keynote: An Integrated Lecture and Practice**

Mindful Practice: Building Resilience In the Face of Challenge

Michael (Mick) Krasner, MD

4:15–5:45 pm **Yoga Class for Connection (optional)**

Focus on Interoception, Neural Regulation, and Well-Being

Marlysa Sullivan, PT

7:30–9:00 pm **Self-Care to Prevent Provider Burnout (optional)**

Compassion for Ourselves as Healers

Lisa Bergly Pearson (Swami Swarupananda)

7:30–9:00 pm **Other Approaches to Treating Pain** (optional)
Providing for Children in Pain
Maureen Strafford, MD

Creativity in Medicine: A Patient-Centered Approach (optional)
Sonu Haikerwal, MD (MRCP)

FRIDAY, OCTOBER 13 | SHIFTING THE PARADIGM

9:00–11:00 am **Closing Panel and Q&A**
Healing the System: Healing the Patient *and* Provider
*Michael (Mick) Krasner, MD, Neil Pearson, PT, Sonu Haikerwal, MD (MRCP),
and Jill Satterfield*
Moderator: Alex Sabo, MD