

# Repattern: A 6-Week Pain Reprocessing & Movement Program

- Starts January 21 · Wednesdays 6:15–7:15 pm
- In person at Embodied Physiotherapy & Pilates (Vancouver) or Online
- Limited to 12 participants
- Early-bird \$180 until Nov 30 · Regular \$230

**Because recovery isn't about pushing harder, it's about moving differently.**

If you've tried physiotherapy, medication, or countless exercise routines and still feel stuck, you're not alone. Repattern helps you understand pain differently and rebuild strength, safety, and trust in your body.

## What To Expect

Each week blends simple pain-science concepts with gentle, low-stakes movement so you can apply what you learn in real time. Led by Catherine Murray, Clinical Pilates Instructor trained in Pain Reprocessing Therapy.

## You'll Learn To

- Move safely, even when symptoms fluctuate
- Understand how your nervous system interprets pain
- Build strength without fear
- Respond to flare-ups with calm, using effective tools

## Included

- Six weekly sessions (60 min)
- Printed Repattern Workbook + "Stop-Drop-and-Repattern" flowchart
- Short video clips between sessions to keep you engaged



**Join the Next Cohort**



## Repattern Plus: Your Personalized Path

Add 1:1 support with an initial physiotherapy assessment and six personalized sessions to tailor your class experience for the best results. You'll also receive a summary report for your doctor or healthcare team. May be eligible for extended health coverage.

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