

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

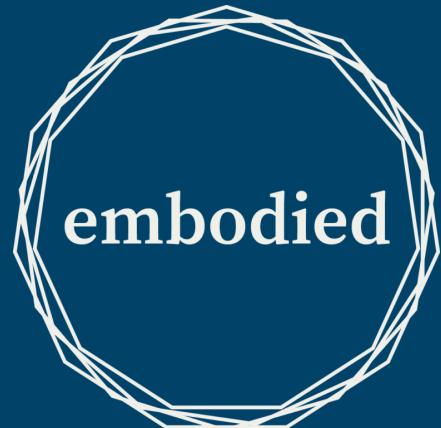
Each week blends simple pain-science concepts with gentle, low-stakes movement so you can apply what you learn in real time. Led by Catherine Murray, Clinical Pilates Instructor trained in Pain Reprocessing Therapy.

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.