

embodied summer update

An upcoming program for persons with chronic pain, patient updates, and resources for you



Happy summer, everyone!

If we haven't met yet, I'm Katie Evans, and I'm the owner of Embodied Physiotherapy and Pilates.

We have a lot to update you on: our Repattern program is coming back in September, we've made some changes, and our team is growing. If you're curious, here's what you need to know.



Repattern Returns This Fall

Repattern, our 6-week pain reprocessing and movement program, returns this September.

Led by Catherine Murray, Repattern helps persons living with consistent chronic pain learn to move safely and build strength. You'll get a deeper understanding of how your nervous system interprets pain and how to respond to flare-ups with calm.

If you've been curious about Pain Reprocessing Therapy, or you've already tried it out with me or Catherine, Repattern is a great first or next step.

Here are the key details:

- Repattern takes place every Wednesday from September 16 to October 21, 2026, at 6:15 PM
- Join sessions in person or online, whatever feels right for you each week
- You'll receive a 30-page workbook, the "Stop-Drop-Repattern" flowchart, and video clips between sessions
- Repattern is limited to 12 participants

Early bird pricing is available until July 31 for \$180. On August 1st, pricing increases to \$230. If you're ready, [you can sign up on the Jane App here](#).

To learn more, you can [check out this blog post for details](#) or reach out to info@embodiedphysiopilates.com to ask any questions you might have.

Summer Updates from Embodied



Here are some updates to help you plan your next visit:

- **Fee increases:** Starting July 31st, we are increasing fees to match inflation. (Repattern remains at the same fee to offer a lower barrier to entry for folks with ongoing chronic pain.)
- **Booking with Katie:** I will have less availability due to my teaching schedule from August to September. During this time, I won't be taking new patients.
- **Open Gym Reopens this Fall:** After a summer closure, Open Gym will reopen this fall. If you're interested in joining, contact Shaylah at info@embodiedphysiopilates.com for more information about future bookings.

We're Hiring!

Our team is growing! We're looking for wonderful physiotherapy practitioners who care about their clients and are interested in Pilates or chronic pain. If this is you, or someone you know, and you're looking for a new place to call home, please reach out. We would love to connect with you.

Resources For You

In case you missed them, here's what's new on the Embodied blog (with more to come!):

- [A deep dive into everything you can expect from the Repattern program](#)
- [Catherine's reflections on our first Repattern cohort](#)
- [Returning to exercise or Pilates using Pain Reprocessing Therapy](#)



Thank you for being part of our community. Feel free to reach out if you have any questions, and we look forward to seeing you soon.

Katie Evans,
Owner of Embodied Physiotherapy and Pilates

