



CIRPD Webinars

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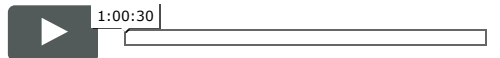
Yoga for People with Pain - 5-Part Series

Recorded in January of 2013



Yoga for People in Pain - Part 1

from CIRPD PLUS



[View the full Series in order on Vimeo](#) or [Youtube](#)
Or you can watch the individual videos below:

Recordings of Previous Webinars

- [Part 1 – Yoga for People in Pain: Overview](#)
- [Part 2 – Breath Awareness Q&A](#)
- [Part 3 - Breath Control Q&A](#)
- [Part 4 - Body Awareness Q&A](#)
- [Part 5 - Guidelines for Yoga Postures Q&A](#)



Practice Videos

- [Part 2 – Breath Awareness](#)
- [Part 3 – Breath Control](#)
- [Part 4 – Body Awareness](#)
- [Part 5 – Guidelines for Yoga Posture](#)

Practice Audio Downloads

To save the MP3 files below, simply right-click (PC users) or Ctrl-Click or right-click (Mac users) the links below and chose "Save as Source" or "Save Link as". This will allow you to download the audio file to be used on any MP3 player.

- [Part 2 – Breath Awareness Audio Download](#)
- [Part 3 – Breath Control Audio Download](#)
- [Part 4 – Body Awareness Audio Download](#)

Blog Posts

[Follow-up post with Research References from Neil's first webinar](#)