

## **Personal Sessions for Chronic Pain Testimonials**

I started working with Aparna due to some increased as well as new pain in my back for lumbar disc herniations. The difference that I have experienced in working with Aparna, is in how my system has been seen and evaluated. Aparna has had me doing exercises that to me, as a physician, seemed somewhat unrelated. However, she explained the interrelatedness of the different parts of my body and why the approach was necessary. Early on I noticed that I carried myself differently when walking. Over time, Aparna could see subtle changes in my stance and later, even I could. The exercises have not been difficult to do and Aparna has been a very attentive teacher, monitoring my symptoms and progress. As a western physician, I am unused to someone caring about the minute details of what I experience. To Aparna, they are important parts of the feedback my body is giving her to help tailor my sessions with her. Today, I feel that I have physically turned a corner and not only feel better, but I feel stronger. I am not as focused on fear that I will injure myself and feel freer to engage in more activities.

Margo Nolan MD

I came to Aparna with pain in my neck and shoulders. Already the original pain has improved and I have more range of motion in my upper body. Aparna started our work together with a thorough personal assessment, including my posture and body alignment. Each week she guides me through a series of poses, explaining that the poses help build a new muscle memory. Aparna is very positive, supportive and focused. She is very knowledgeable about anatomy and helps my whole body stay balanced. I am aware that we are taking apart or loosening the way that my body has learned to cope with my life before now, we are helping my current pain and we are forming a stronger posture foundation which will help me to have fewer pain issues in the future. I am finding this work to be very rewarding.

Allison Goss, LISW

Aparna is an expert in musculoskeletal alignment and mind body connection. She is able to read structural misalignment and relate it to how the body has compensated over time in order to perform. She has an innate ability to guide you and help you to reflect inside to uncover the true origin of the physical pain and discomfort. Through prescribed exercises, Aparna's approach is subtle and designed to go deep into the body to release the tension and stress of holding patterns we learn to carry for years.

I suffered from daily back pain for 3 years. Most of this was a constant nagging pain but I was able to go about my daily routines, which included a regular yoga practice, hiking and skiing. Occasionally my back would give out and I would be in severe pain for several days and set back off my routine for several weeks.

Within 3 days of doing Aparna's prescribed exercise the daily pain was gone. My sleep improved. Remnants of the pain continued to linger when I would do certain asana poses, however, this pain also resolved after 8 more weeks of the exercises. I was surprised not only that my actual physical pain resolved and that I could notice the changes in my body as I came back into alignment, but also because the true origin of the pain lay in my own habits of dealing with stress, fear, and the heart chakra.

Doug Erb