



**MOVE BEYOND PAIN Dvd - Part 1:
Introduction, Part 2: Exercise Routine - Effective
for Arthritis, Back Pain, Fibromyalgia, Myofascial
Pain, Tension Headaches, Chronic Fatigue
Syndrome - 120 minutes.**

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The two hour MoveBeyondPain® video contains guided relaxation, stretching and toning exercises and aerobic exercise ideas for cardiovascular health. It also contains an educational interview with Ms.Gandhi in which she talks about the vicious cycle of chronic pain and fatigue associated with conditions such as Fibromyalgia, Chronic Fatigue Syndrome, Arthritis,Chronic Back Pain, Neck Pain, Myofascial Pain and Chronic Headaches. The interview also includes benefits of yoga inspired deep breathing and twenty pain management principles. The four main MoveBeyondPain® program components are breathing and relaxation, stretching, strengthening and aerobic conditioning for chronic pain management.

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