

## About Michael Madigan



I graduated as a Physiotherapist in 1986, working initially at the Royal Adelaide Hospital then in various private practices in Adelaide. James Pyke and I started our own practice, Madigan Pyke Physiotherapy, in 1995 and have worked together at our Anzac Highway location ever since.

Our scope of work covers a wide range of musculo-skeletal issues including sporting, work and motor vehicle injuries, degenerative joint conditions and post-surgical rehab. Over time I have also worked with many people who unfortunately have found themselves dealing with chronic pain, often despite having been through the gamut of health professionals, exercise programmes and other modalities in search of an easing of their situation.

Some years back I became interested in the practice of mindfulness, then in 2015 discovered the work of Vidyamala Burch and the Breathworks programs which have developed out of her life's journey. I was instantly drawn to the possibilities these programmes have for people suffering with chronic pain and other health conditions. Indeed, I believe the mindfulness teachings and practices hold wisdoms to assist anyone navigate through their "one wild and precious life" (Mary Oliver, "The Summer Day").

I am excited by and looking forward to sharing the Breathworks Mindfulness for Health and Mindfulness for Stress courses over the years to come.

Away from work I love bushwalking, playing music, gardening, growing seedlings for Trees for Life and spending time with my family, including going to the footy (go Crows!).

*- Michael Madigan, October 2021*