

American Meditation Institute's *Yoga of Medicine* Program
5th Annual Retreat: Physicians • RNs • NPs • PAs • Psychologists

Comprehensive Training in Yoga Science as
Holistic Mind/Body Medicine

For Clinical and Personal Application (26 CMEs)

The Heart and Science of Yoga™

Meditation • Mantra Science • Diaphragmatic Breathing • Yoga Psychology • Mind Function Optimization
Chakras • Easy-Gentle Yoga • Lymph System Detox • Nutrition • Functional Medicine • Ayurvedic Medicine • Epigenomics

NOVEMBER 6 - 10, 2013

PHYSICIAN ACCREDITATION (26 CMEs)

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Albany Medical College and The American Meditation Institute. Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Albany Medical College designates this Live activity for a maximum of 26 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



CRANWELL
RESORT ♦ SPA ♦ GOLF CLUB
Lenox, Massachusetts
The only 4-Diamond Resort in the Berkshires

Please Register EARLY!

Space is LIMITED



Leonard Perlmutter, AMI Founder • Rudolph Ballentine MD
Beth Netter MD • Susan Lord MD • Mark Pettus MD • Anita Burock-Stotts MD

REGISTER ONLINE: americanmeditation.org/cme.aspx • Tel. (518) 674-8714

Curriculum Endorsed by: Mehmet Oz MD, Dean Ornish MD, Larry Dossey MD and Bernie Siegel MD

COURSE DESCRIPTION

The Heart and Science of Yoga™ course presents a comprehensive training in the world's most effective holistic mind/body medicine and its scientific foundation. The program is designed to encourage active participant interaction by combining engaging lectures, practicums, panel discussion and Q&A. Although recent studies have demonstrated that 75% of health care costs associated with chronic diseases

could be prevented or reversed by lifestyle changes, many clinicians do not offer themselves, or their patients, strategies that encourage meaningful change. This 26 hour CME course will provide easy-to-learn practices that work synergistically (within the intricate medium of the stress system) to reduce inflammation and allostatic load while working toward establishing homeostasis.

Course Components Include:

YOGA SCIENCE

An educational body of knowledge for health and healing
History, philosophy and benefits of meditation
How to use the mind to make healthier choices
How to access the "super-conscious" mind
Understanding pain as an agent for healing
The transformative power of sacrifice
Increasing energy, will power and creativity
The power of desire and attention
Creative actions rather than reactionary responses
Antidotes for worry, stress and depression

MEDITATION

Systematic procedure for meditation
How to diminish distractions
Training one-pointed attention for creativity
The one-minute meditation
Using meditation skills throughout the day
Mantra Science:
 What are the world's great mantras?
 How to use thoughts and mantra in the healing process
 The vibration of the mantra promotes health

EASY-GENTLE YOGA

Understanding the physiology/anatomy of Easy-Gentle Yoga
Two sets of Easy-Gentle Yoga stretches and exercises

BREATHING

The meaning of *prana* (life force)
How breathing irregularities foster dis-ease
Diaphragmatic breathing for pulmonary health
Complete (three-part) yogic breath
Yoga postures for healthy breathing
Alternate nostril breathing for energy/psychological balance

YOGA PSYCHOLOGY

How the mind functions for optimal health
Managing thoughts, desires and emotions
How to experience freedom from fear
The power of the present moment
Channeling the four primitive urges:
 Food, Sex, Sleep and Self-preservation
Introduction to the Psychology of the Chakra System
Anatomy of your real being
Building and healing relationships

MIND/BODY CARE PLAN

Redefining the practice model
Ayurveda, Functional Medicine, Epigenomics
Integrating spiritual beliefs
How to keep a meditation practice going & working for you
How to introduce these practices to your patients
The Yoga of Eating (Diet and Nutrition)

COURSE OBJECTIVES

UPON COMPLETION OF THIS COURSE, PARTICIPANTS WILL BE ABLE TO:

- Demonstrate knowledge of how Yoga Science as mind/body medicine can help heal disease, manage addictive habits, alleviate stress and inflammation
- Develop equanimity, discrimination, will power, creativity and energy through a daily practice of meditation and diaphragmatic breathing
- Incorporate long-term strategies for healthy lifestyle choices using Yoga psychology
- Demonstrate knowledge of the principles of Ayurveda, Epigenomics and Functional Medicine
- Understand the physiological benefits of Easy-Gentle Yoga (exercises for lymph system detox, joints, glands and internal organs)
- Help themselves and their patients reduce conditioned habits of negative thinking through the healing powers of mantra science
- Utilize the Yoga of Eating (Diet and Nutrition) to maximize personal well being
- Use Chakra Psychology (subtle emotional/mental causes of stress) to diagnose and treat dis-ease

SPEAKERS

Leonard Perlmutter, AMI Founder

LEONARD PERLMUTTER is a noted educator and founder of the American Meditation Institute. He is the author of *The Heart and Science of Yoga™* and the mind/body medicine journal, *Transformation*. Leonard has served on the faculties of the New England Institute of Ayurvedic Medicine, the Himalayan Yoga Teachers Association and the College of Saint Rose. He is a disciple of Swami Rama—who, in laboratory conditions at the Menninger Institute, demonstrated that blood pressure, heart rate and the autonomic nervous system can be voluntarily controlled. Leonard has presented courses at the M.D. Anderson Cancer Center, the Albany Medical College and *The New York Times* Yoga Forum with Dean Ornish, MD.



Rudolph Ballentine, MD **2 NEW LECTURES for 2013:**

The Yoga of Eating • Understanding the Psychology of the Chakra System to Help Redefine the Practice Model

RUDOLPH BALLENTINE, MD is a graduate of the Duke University School of Medicine with specialty training in psychiatry, and a pioneer of the holistic health movement. He established the Centers for Holistic Medicine and served as its director for 25 years—offering an integrative approach to treatment using psychotherapy, meditation, homeopathy, Ayurveda and yoga. Rudy served as president of the Himalayan Institute for 12 years and the director of its Combined Therapy Department for 18 years. He has authored numerous acclaimed books including *Diet and Nutrition*, *Radical Healing*, *Transition to Vegetarianism* and *Science of Breath*.



Mark Pettus, MD **NEW for 2013: Epigenomics/Inflammation/Allostatic Load**

MARK PETTUS, MD, is a board-certified internist and nephrologist who has been practicing for more than 25 years. He currently serves as Chief of Medicine at St. Peter's Hospital in Albany, NY, and is the author of *The Savvy Patient: The Ultimate Advocate For Quality Health Care* and *It's All in Your Head: Change Your Mind, Change Your Health, and Change Your Life*.



Susan Lord, MD **East Meets West**

SUSAN B. LORD, MD, is currently a lecturer and holistic health consultant for Kripalu Center for Yoga and Health. She served as Associate Director for Professional Training at the Center for Mind-Body Medicine in Washington, DC from 1996-2007, and was the Course Director for the *Food as Medicine* program. Dr. Lord is in private practice as a family physician in complementary and alternative medicine.



Beth Netter, MD, MT **Breath as Medicine**

BETH NETTER, MD, practices Holistic Medicine and acupuncture, and currently serves as Chief of the Division of Integrative and Holistic Medicine, at St. Peter's Hospital, Albany, NY. Beth graduated from UB's School of Medicine, and completed her residency in anesthesiology at the Brigham and Women's Hospital in Boston, MA. She serves as Chair of the AMI Medical Education Committee and is an AMI certified meditational therapist.



Anita Burock-Stotts, MD **Functional Medicine**

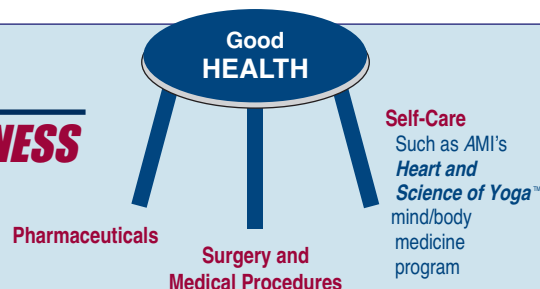
ANITA BUROCK-STOTTS, MD, is board certified in Internal Medicine. She graduated from Penn State (Phi Beta Kappa) and the Medical College of Pennsylvania (Alpha Omega Alpha) where she also completed her internship and residency in Internal Medicine. Anita has been practicing meditation and Yoga Science for 10 years and currently practices Functional Medicine in Guilderland, NY.



SELF-CARE

is essential to YOUR WELLNESS

Herbert Benson, M.D.
of the Harvard Medical School
claims that maintaining good health
is analogous to this three-legged stool.



Expand Your Clinical and Personal Competency

The NIH claims that more than 1 in 3 Americans now seek mind/body healing therapies to supplement their conventional care, and a growing number of patients are expressing the desire to understand the value of various holistic modalities. As a physician or other health care provider, you can deepen your understanding of Yoga Science as mind/body medicine and its scientific foundation by attending this stimulating immersion course led by Leonard Perlmutter and a panel of other leading experts.

An Effective Plan for YOU and your PATIENTS

To support the American Meditation Institute's course accreditation, AMI conducted a retrospective case study of participants who completed Leonard Perlmutter's *Heart and Science of Yoga™* course. **The findings included these positive, reproducible, long-term health-promoting changes:**

- Lowered blood pressure
- Lowered heart rate
- Reduced cholesterol levels
- Diminished or extinguished acute and chronic pain
- Weight loss
- Increased breathing capacity
- Increased exercise capacity
- Improved restorative sleep
- Improved energy levels
- Increased creative capacity
- Diminishment of migraine headaches
- Significant reductions in stress and fear
- Elimination of irritable bowel syndrome
- Enhanced happiness and optimism

COURSE SCHEDULE (26 CMEs)

Including Evidence-Based Case Studies

Wednesday, Nov 6

5:00 PM-7:00 PM Early Registration, Olmsted Lobby
Meet and Greet, Mansion

Thursday, Nov 7

6:30 AM-7:45 AM Registration, Olmsted Lobby
6:30 AM-7:30 AM BREAKFAST
8:00 AM-9:30 AM "East Meets West" Susan Lord MD
9:30 AM-10:00 AM Break
10:00 AM-11:30 AM Overview: "Yoga Science" Leonard Perlmutter
12:30 PM-1:30 PM LUNCH
2:00 PM-3:00 PM "Easy-Gentle Yoga I" Leonard Perlmutter/Mary Holloway
3:00 PM-3:30 PM Break
3:30 PM-5:30 PM "Introduction to Meditation" Leonard Perlmutter
6:00 PM-7:00 PM DINNER

Friday, Nov 8

6:30 AM-8:00 AM "Easy-Gentle Yoga II" Leonard Perlmutter/Mary Holloway
8:00 AM-9:00 AM BREAKFAST
9:30 AM-10:30 AM Visualization/Desire
10:30 AM-10:45 AM BREAK
10:45 AM-11:00 AM "Guided Breath Meditation" Leonard Perlmutter
11:00 AM-12:45 PM "Yoga Psychology" Leonard Perlmutter
1:00 PM-2:00 PM LUNCH
2:30 PM-4:00 PM "Breath as Medicine" Beth Netter MD
4:00 PM-4:45 PM "Guided Meditation" Leonard Perlmutter
4:45 PM-5:45 PM "Functional Medicine" Anita Burock-Stotts MD
5:45 PM-6:00 PM "Guided Breath Meditation" Leonard Perlmutter
6:15 PM-7:30 PM DINNER

Saturday, Nov 9

7:00 AM-7:30 AM Easy-Gentle Yoga I
7:30 AM-8:30 AM BREAKFAST
9:00 AM-10:30 AM "Intro to Ayurveda" Leonard Perlmutter
10:30 AM-11:00 AM BREAK/Mantra Walk
11:00 AM-12:30 PM "The Yoga of Eating" Rudolph Ballentine MD
12:45 PM-2:00 PM LUNCH
2:30 PM-2:45 PM "Guided Breath Meditation" Leonard Perlmutter
2:45 PM-4:45 PM "Epigenomics/Inflammation/Allostatic Load" Mark Pettus MD
4:45 PM-5:30 PM "Guided Meditation" Leonard Perlmutter
FREE EVENING

Sunday, Nov 10

7:00 AM-7:30 AM Easy-Gentle Yoga II
7:30 AM-8:30 AM BREAKFAST
9:00 AM-9:15 AM "Guided Breath Meditation" Leonard Perlmutter
9:15 AM-10:45 AM "Psychology of the Chakras & Redefining the Practice Model" Rudolph Ballentine MD
10:45 AM-11:00 AM BREAK
11:00 AM-12:30 PM "Contemplation and Prayer" Leonard Perlmutter
12:45 PM-2:00 PM "Mind-Body-Spirit Care Plan: An expert panel discussion to answer all your questions. The panel includes Leonard Perlmutter and Drs. Ballentine, Pettus, Lord, Netter and Burock-Stotts

2:00 PM

Closing

ATTIRE: PLEASE WEAR COMFORTABLE CLOTHING THROUGHOUT THE DAY. YOGA MATS ARE NOT NECESSARY.

REGISTRATION INFORMATION

Payment may be made by check or credit card (Visa, MasterCard, American Express or Discover). The registration fee includes all meals, copies of Leonard Perlmutter's *The Heart and Science of Yoga™*, Dr. Rudolph Ballentine's *Radical Healing, The Physiology of Easy-Gentle Yoga* and a guided meditation CD.

ONLINE:  americanmeditation.org/cme.aspx (with credit card).

MAIL: Complete the enclosed registration form and mail with your payment.
Please make checks payable to American Meditation Institute and mail to:
American Meditation Institute, 60 Garner Road, Averill Park, NY 12018

PHONE: (518) 674-8714. Please have a credit card available.

FAX: Fax the registration form with credit card information to (518) 674-8714.

TUITION:

Physicians	—————	\$1,595 On or before October 7, 2013
		\$1,795 After October 7, 2013
Residents/Fellows/PAs/NPs		
Psychologists	—————	\$1,395 On or before October 7, 2013
		\$1,595 After October 7, 2013
Registered Nurses and Guests of Registered Attendees**	—	\$900 On or before October 7, 2013
		**Including employees, spouse or partner \$1,100 After October 7, 2013

REFUND POLICY

No refund will be granted unless a written cancellation notice is received by October 28, 2013. No refunds will be given after this date. A \$75 administrative fee will be deducted from the refund.

ACCOMMODATIONS/DIRECTIONS

Room reservations must be made by contacting the **Cranwell Resort** at (800) 272-6935. When making your reservation, please mention the **American Meditation Institute to receive a reduced room rate of \$169 per night (this price rate is guaranteed until October 8)**. Directions to the Cranwell Resort (55 Lee Road, Lenox, MA) are available on the Cranwell website: www.cranwell.com.

U.S. PHYSICIAN ACCREDITATION (26 CMEs)

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CANADIAN PHYSICIAN ACCREDITATION (26 CMEs)

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert *AMA PRA Category 1 Credits™* to Royal College MOC credits. Information on the process to convert AMA credit to Royal College MOC credit can be found at www.ama-assn.org/go/internationalcme.

NURSING ACCREDITATION (26 Contact Hours)

This activity has been submitted to the Massachusetts Association of Registered Nurses, Inc., for approval to award contact hours.

Massachusetts Association of Registered Nurses, Inc., is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's COA.

PSYCHOLOGIST ACCREDITATION (26 CEC Hours)

The American Meditation Institute (AMI) is pending approval by the American Psychological Association to sponsor 26 continuing education credits for psychologists.

REGISTRATION FORM

PLEASE ENROLL ME: *The Heart and Science of Yoga*™ (NOV. 6-10, 2013)

MAIL TO: American Meditation Institute, 60 Garner Road, Averill Park, NY 12018

Tel. and Fax (518) 674-8714 • www.americanmeditation.org • ami@americanmeditation.org

Checks and money orders are payable to American Meditation Institute (or AMI). A receipt will be mailed to you.

REGISTER ONLINE:  americanmeditation.org/cme.aspx

NAME _____

CHECK ONE

Physician Resident Fellow PA NP RN Psychologist Guest of attendee

CME TRACKING NUMBER _____
month of birth - day of birth - first four letters of your first name

APA MEMBERSHIP NO. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____

PLEASE CHECK ONE

Check Visa MasterCard American Express Discover

CARD NO. _____ EXP. DATE _____

SIGNATURE _____ VER. CODE _____

TEL. (Work) _____ TEL. (Home) _____

CELL PHONE _____

SPECIAL NEEDS: If you have special needs or dietary restrictions, please contact AMI at (518) 674-8714 by **October 5th**.

TARGET AUDIENCE

Health professionals who provide direct patient care or patient education in areas of self-management, lifestyle behaviors, and mind/body medicine are encouraged to attend. This includes, but is not limited to physicians (all fields), psychologists, nurses, social workers, counselors, hospice workers, clergy, coaches, and integrative medicine practitioners.

PROFESSIONAL ENDORSEMENTS

The Heart and Science of Yoga™ which forms the basis of AMI's Holistic Mind / Body Medicine curriculum, is endorsed by:

MEHMET OZ, MD
DEAN ORNISH, MD
LARRY DOSSEY, MD
BERNIE SIEGEL, MD



"This teaching has been an enormous benefit in my personal and professional life. I have less stress, more focus, and am able to serve my patients with greater clarity. It becomes surprisingly easy now to recognize the many clinical situations in which patients with somatic manifestations of 'dis-ease' could greatly benefit from Yoga Science."

JOEL M. KREMER, MD
Board Certified in Internal Medicine and Rheumatology, Albany, NY

PHYSICIAN ATTENDEES FROM 2012

Over 95% of respondents of last year's evaluation survey ranked this course as "Above Average" or "Superior" to other CME courses.

"Excellent program; good combination of intellectual knowledge, philosophy and practical teaching for both personal and professional development."

"Excellent!! Probably the most important information I've ever received for improving overall health."

"Excellent. Very beneficial for my practice and for me personally (my individual evolution)."



AMERICAN MEDITATION INSTITUTE

Comprehensive Training in Mind-Body Medicine

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