

12
Credit
Hours



The Heart and Science of Yoga™

Albany
Medical
College



American Meditation Institute's
**Comprehensive Training in
Holistic Mind/Body Medicine**
For Clinical and Personal Application

LEONARD PERLMUTTER

Educator, award-winning author and
founder of The American Meditation Institute

*Space
is
Limited!*



**Please
Register
EARLY!**

Curriculum Endorsed by Mehmet Oz, MD and Dean Ornish, MD

AMERICAN
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COMPLEMENTARY HEALTHCARE SINCE 1996
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CRANWELL

RESORT ♦ SPA ♦ GOLF CLUB

The only 4-Diamond Resort in the Berkshires, Lenox MA

November 7-8, 2009

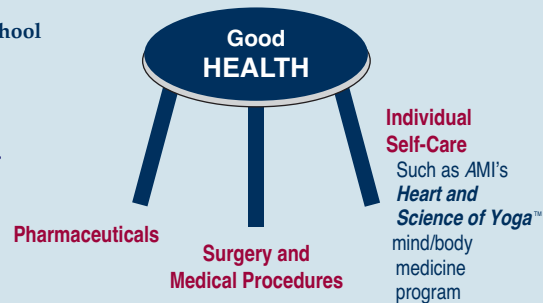
**This activity is sponsored by Albany Medical College
to offer 12 AMA PRA Category 1 Credits™ for physicians.**

SELF-CARE *is essential to YOUR WELLNESS*

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

One leg is **Pharmaceuticals**.
The second leg is **Surgery & Medical Procedures**.
And the third leg is **Self-Care**.

"Health and well-being," Dr. Benson says, "is balanced and optimal only when all three legs of the stool are in place."



The Heart and Science of Yoga™

You became a doctor because you care about people. You work hard and truly want your patients to feel better. But as a physician, you are subject to stress, overwork, the threat of legal entanglements and ongoing frustrations with the current reimbursement structure. Adopting new health-promoting strategies to reduce the debilitating impact of these challenging factors is a dire necessity.

An Effective Plan for YOU and your PATIENTS

In support of the American Meditation Institute's CME accreditation process (through the Albany Medical College), AMI conducted a retrospective case study of participants who completed Leonard Perlmutter's *Heart and Science of Yoga™* course. **The findings were impressive. The tools and practices learned led to these positive, reproducible, long-term health-promoting changes:**

- Lowered blood pressure
- Lowered heart rate
- Reduced cholesterol levels
- Decreased chest pain
- Diminished or extinguished acute and chronic pain
- Weight loss
- Increased breathing capacity
- Increased exercise capacity
- Improved quality and quantity of sleep
- Improved energy levels
- Increased creative capacity
- Diminishment of migraine headaches
- Significant reductions in stress and fear
- Elimination of irritable bowel syndrome
- A general sense of happiness and optimism in all facets of life for every participant

Participant #2 "My cholesterol went from 230 to 160s, my heart rate from 80s to 50s, and my blood pressure from 140/90 to 110/70."

Participant #13 "My symptoms of Irritable Bowel Syndrome and panic attacks decreased after the course. I went through menopause without any issues."

Participant #14 "My migraines diminished, my cholesterol went down and I significantly reduced my blood pressure medication."

The U.S. Centers for Disease Control and Prevention in Atlanta, Georgia reports that 53 percent of illness is attributable to lifestyle choices. The decisions people make about their life and habits are by far the greatest factor in determining their wellness.

Additional Health Conditions Benefited by *The Heart and Science of Yoga™*

Addictions • Arrhythmias • Arthritis • Asthma • Attention Disorders • Cancer and Other Chronic Illnesses • Dementia • Depression
Diabetes • Emphysema • Fibromyalgia • Immune System Diseases • Infertility • In Vitro-Fertilization Therapy • Memory Loss
Menopause • Panic Attacks • Phobias • Post-Operative Recovery • Prolonging Life Expectancy • Psoriasis • PMS • Smoking • Ulcers

"Americans spend over \$48 billion a year on complementary and alternative health care services."

"Frontline," PBS

COURSE OBJECTIVES

The Heart and Science of Yoga™ presents a comprehensive training in the world's most effective holistic mind/body medicine. The content for this clinical training was determined by assessment of educational need, as well as a comprehensive case study (conducted by Beth Netter, MD, Chair of the AMI Medical Education Committee). Numerous

studies have demonstrated that over 50% of the American population utilizes some form of complementary health care service. This weekend retreat will provide each participant easy-to-learn practices that work synergistically (within the intricate medium of the stress system) to reduce 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 the best choices
How to access the super-conscious mind
How to change and create new, healthier habits
Understanding pain as an agent for healing
The transformative power of sacrifice
Increasing energy, will power & 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 and nutrition
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
Learning to use the mantra
Building focus, fearlessness, and strength

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 and psychological balance

YOGA PSYCHOLOGY

How the mind functions for optimal health
Managing thoughts
The power of the present moment
Channeling the four primitive urges:
Food, Sex, Sleep and Self-preservation
Anatomy of your real being
Building and healing relationships

EASY-GENTLE YOGA

Yoga stretches and exercises for:
muscles, joints, glands and internal organs

MIND/BODY CARE PLAN

Creating a therapeutic care plan for home and work
Integrating spiritual beliefs
Keeping a meditation practice going

Take Away Learning

- **Comprehensive overview of how the mind/body medicine of Yoga Science can heal disease, alleviate stress and manage addictions**
- **A systematic procedure for meditation that develops equanimity, discrimination, will power and creativity**
- **Long-term strategies for healthy lifestyle changes using yoga psychology**
- **The principles of Ayurvedic medicine and alkaline therapy relative to healthy eating choices**
- **Easy-Gentle Yoga exercises for lymph system detox, joints, glands and internal organs**
- **The physical, mental and emotional healing powers of mantra science**

SPEAKER

Leonard Perlmutter

Leonard is a noted philosopher, educator, and founder/director of the American Meditation Institute in Averill Park, New York. He is the publisher and primary author of *Transformation*, the journal of practical Yoga Science. His book “*The Heart and Science of Yoga: A Blueprint for Peace, Happiness and Freedom from Fear*” received six major book of the year awards. Over the past thirty-two years, Leonard has studied, practiced and taught meditation and Yoga Science. During that period, he has served on the faculties of the New England Institute of Ayurvedic Medicine in Boston, Massachusetts and the International Himalayan Yoga Teachers Association in Calgary, Canada. Leonard is a direct disciple of Swami Rama of the Himalayas—the man who, in laboratory conditions and under the observation of research scientists at the Menninger Institute, demonstrated many ways in which blood pressure, heart rate and the autonomic nervous system in general can be voluntarily controlled. These research demonstrations have been one of the major cornerstones of the mind/body movement of the past forty years. Mr. Perlmutter serves as an Adjunct Professor at the College of Saint Rose in Albany, New York where he teaches yoga and meditation. Leonard has presented informative workshops at the M.D. Anderson Cancer Center, *The New York Times* forum on Yoga Science with Dean Ornish, MD, Albany Medical College, Stratton VA Hospital, the Commonwealth Club of California, the Washington University Medical School and the University of Colorado Medical School. His many writings and all his seminars are enlivened by his inspiring enthusiasm, vast experience, humor and clear teaching style.



COURSE SCHEDULE

FRIDAY, NOVEMBER 6

5:00 - 7:00PM Early Registration

SATURDAY, NOVEMBER 7

6:30 - 7:45AM Registration

6:30 - 7:45AM BREAKFAST

8:00 - 10:00AM Overview:
Yoga Science

10:30 - 12:30PM Breathing Practices

12:30 - 2:00PM LUNCH

2:00 - 4:30PM Introduction to
Meditation

5:00 - 6:30PM DINNER

7:00 - 8:30PM Yoga Psychology (Mind)
Ayurveda/Alkaline Nutrition

SUNDAY, NOVEMBER 8

6:30 - 7:45AM BREAKFAST

8:00 - 10:00AM Easy-Gentle Yoga

10:30 - 12:30PM Creating a Comprehensive,
Therapeutic Mind/Body
Care Plan

Networking breakfast begins at 6:30AM
each day. The first training lecture
begins at 8:00AM.

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). A confirmation letter will be sent to the address listed on the registration form. Registration fee includes breakfast, lunch and dinner throughout the retreat, a FREE copy of *The Heart and Science of Yoga™* book and a 17 minute guided meditation CD.

ONLINE: www.americanmeditation.org/physicians.htm (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 ————— \$995 On or before September 30, 2009
\$1,095 After September 30, 2009

Residents*/Fellows*/PAs/NPs ——— \$795 On or before September 30, 2009
\$895 After September 30, 2009

**A letter of verification from Dept. Chair must accompany registration for the reduced fee.*

Guests of Registered Attendees** ——— \$500 or before September 30, 2009
\$600 After September 30, 2009

***Including employees, spouse and partner*

REFUND POLICY

No refund will be granted unless a written cancellation notice is received by October 23, 2009.

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 \$159 per night (this price rate is guaranteed until October 7)**. Directions to the Cranwell (55 Lee Road, Lenox, MA) are available on the Cranwell website: www.cranwell.com.

PHYSICIAN ACCREDITATION (12 CMEs)

The Albany Medical College designates this educational activity for a maximum of 12 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

REGISTRATION FORM

PLEASE ENROLL ME: *The Heart and Science of Yoga*™ (NOV. 7-8, 2009)

MAIL TO: American Meditation Institute, 60 Garner Road, Averill Park, NY 12018
Telephone and Fax (518) 674-8714 • www.americanmeditation.org • ami@americanmeditation.org
Checks and money orders are payable to the American Meditation Institute (or AMI)
REGISTER ONLINE AT: www.americanmeditation.org/physicians.htm

NAME _____

CHECK ONE Physician Resident Fellow PA NP Guest of attendee

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

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 disabilities, dietary restrictions or special requests, please contact AMI at (518) 674-8714 by **October 30th** to discuss your needs.

PROFESSIONAL ENDORSEMENTS

“The Heart and Science of Yoga” comprehensively outlines the holistic benefits of Yoga and brought joy to this heart surgeon’s heart.”

MEHMET OZ, MD, Columbia University Professor, Host of *Oprah and Friends*

“A comprehensive and practical guide to the yogic practices as tools for transformation.”

DEAN ORNISH, MD, author of *Dean Ornish’s Program for Reversing Heart Disease*

“Safe, effective practices for achieving optimal wellness and longevity.”

DR. ABBAS QUTAB, M.D. and Ayurvedic physician

**“Like Mehmet Oz and Dean Ornish,
you know that your patients need this.
Now, you can benefit personally—
and refer it with confidence.”**

**BETH NETTER, MD
Delmar, NY**

AMERICAN MEDITATION INSTITUTE
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