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

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

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 Breakfast
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 Visualization/Desire
9:30 AM-10:30 AM “Guided Breath Meditation” Leonard Perlmutter
10:30 AM-11:45 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 Nettie 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 “The Yoga of Eating” Rudolph Ballentine MD
11:00 AM-12:30 PM LUNCH
12:30 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
12:30 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, Nettie, Lord, Netter and Burock-Stotts
2:00 PM Closing

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

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<th>On or before October 7, 2013</th>
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<td>Physicians</td>
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<td>Registered Nurses and Guests of Registered Attendees**</td>
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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)
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.

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.
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  
501(c)3 Educational Organization  
60 Garner Road, Averill Park, NY 12018 • Tel. (518) 674-8714  
americanmeditation.org/cme.aspx