American Meditation Institute’s *Yoga of Medicine* Program Presents

7th Annual Conference for Physicians•RNs•NPs•PAs•Psychologists

Comprehensive Training in Yoga Science as

Holistic Mind/Body Medicine

A Unique Curriculum Developed for Clinical and Personal Application and Relieving Physician Burnout

30 CMEs

**The Heart and Science of Yoga™**

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

*How Meditation Practices Can Relieve Physician Burnout*

**NOVEMBER 3 -7, 2015**

5 1/2 Hour Online Video Course & Book FREE!

Space is LIMITED Please Register EARLY!

**Cranwell Resort • Spa • Golf Club**
Lenox, Massachusetts
The only 4-Diamond Resort in the Berkshires

Leonard Perlmutter • Susan Lord MD • Beth Netter MD • Mark Pettus MD • Rony Mann BAMS • Prashant Kaushik MD • Tony Santilli MD • Kathie Swift MS RDN • Jenness Cortez Perlmutter

REGISTER ONLINE: [americanmeditation.org/cme](http://americanmeditation.org/cme) • 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 30 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
  - What is the vibration of the mantra promotes health

**EASY-GENTLE YOGA**
- Two sets of Easy-Gentle Yoga stretches and exercises
- Understanding the physiology/anatomy of Easy-Gentle Yoga

**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
- Psychology of the Chakra System as a diagnostic tool
- Anatomy of your real being
- Building and healing relationships

**MIND/BODY CARE PLAN**
- How to achieve work/life balance
- Ayurveda: As a science and diagnostic tool
- Epigenomics, Lifestyle choices
- How to keep a meditation practice going & working for you
- How to introduce these practices to your patients
- Food as Medicine (Diet, Nutrition, Functional Medicine)

*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, inflammation and physician burnout
- 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 both Ayurveda and Epigenomics
- Recognize the physiological benefits of Easy-Gentle Yoga (exercises for lymph system detox, joints, glands, muscles and internal organs)
- Help themselves and their patients reduce conditioned habits of negative thinking and other symptoms of burnout through the healing powers of mantra science
- Utilize Food as Medicine (Diet, Nutrition, Functional Medicine) 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 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, Albany Medical College and The New York Times Yoga Forum with Dean Ornish MD.

Susan Lord, MD East Meets West
Susan graduated from Case Western Reserve University School of Medicine and is in private practice in Great Barrington, MA focusing on prevention and treatment through mindful living and lifestyle changes. She served as Course Director for the Food as Medicine program at the Center for Mind/Body Medicine from 1996-2007.

Beth Netter, MD, MT Breath as Medicine, Relieving Physician Burnout
Beth is an holistic physician and acupuncturist in Albany, NY. A graduate of the University at Buffalo’s School of Biomedical Sciences, she completed her residency in anesthesiology at Brigham and Women’s Hospital in Boston. Beth is an AMI certified meditational therapist and serves as Chair of AMI’s Department of Medical Education.

Mark Pettus, MD Epigenomics/Inflammation/Allostatic Load
Mark is a board-certified internist and nephrologist currently serving as Director of Medical Education and Population Health at Berkshire Health Systems, and Clinical Associate Professor of Medicine at UMass Medical School. Mark is the author of The Savvy Patient and It’s All in Your Head.

Prashant Kaushik, MD NEW for 2015: Relieving Physician Burnout
Prashant received Bachelors of Medicine and Surgery degrees from the All India Institute of Medical Services (AIIMS), New Delhi. A board-certified Rheumatologist in Albany, NY, Prashant serves as interim Rheumatology Program Director at the Albany Medical College and Stratton VA Hospitals and is a member of AMI’s Department of Medical Education.

Anthony Santilli, MD NEW for 2015: Relieving Physician Burnout
Tony received his medical degree from the University at Buffalo, having completed his fellowship at Weill Cornell University and his post graduate training at Brown University. He is board-certified in Pulmonary and Critical Care medicine in Schenectady, NY, and serves as a member of AMI’s Department of Medical Education.

Rosy Mann, BAMS Ayurveda & Diagnostic Applications
Rosy holds a Bachelor of Ayurvedic Medicine and Surgery from the Guru Nanak Dev University in India. She has practiced clinical Ayurveda for over 15 years specializing in women’s health. She currently serves on the faculty of Kripalu School of Ayurveda—offering personal consults and workshops nationwide.

Kathie Swift, MS, RDN, LDN Food as Medicine
Kathie is a leading integrative nutrition educator and practitioner. She is author of The Swift Diet and the advisor for myfoodmyhealth.com. Kathie is a Registered Dietitian with 30 years of clinical experience and a founding member of the Institute for Functional Medicine Nutrition Advisory Board.

Jenness Cortez Perlmutter Psychology of Chakras
Jenness has studied Yoga Science and practiced meditation since 1977. She is the co-founder and faculty member of AMI and a direct disciple of Swami Rama of the Himalayas. She graduated from the Herron School of Art, and is a world-renowned artist.

FREE to all conference attendees! Comprehensive Meditation & Easy-Gentle Yoga—Online Video Course
Leonard Perlmutter’s new 5 1/2 hour online video course—the same core curriculum presented at AMI’s 2015 mind/body medicine conference at the Cranwell. Attendees will also receive hard cover and eBook copies of The Heart and Science of Yoga™, The Physiology of Yoga (with Clinical Studies), and a guided meditation CD. A $341. value.
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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00am-9:00am</td>
<td>BREAKFAST – Music Room, Mansion</td>
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<tr>
<td>9:00am-9:30am</td>
<td>Guided Meditation</td>
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<td>9:30am-10:00am</td>
<td>Yoga Psychology Leonard Perlmutter</td>
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<td>10:00am-11:00am</td>
<td>LUNCH – Music Room, Mansion</td>
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<td>11:00am-11:30am</td>
<td>Guided Breath Meditation/Meditation/Mantra (Japa) Practice</td>
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<td>11:30am-1:00pm</td>
<td>Easy-Gentle Yoga I and II Leonard Perlmutter</td>
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<td>1:00pm-2:00pm</td>
<td>Easy-Gentle Yoga II and II Leonard Perlmutter</td>
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<td>2:00pm-2:30pm</td>
<td>YOGA MATS ARE NOT NECESSARY</td>
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<td>2:30pm-3:00pm</td>
<td>Yoga Nidra</td>
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<td>3:00pm-4:00pm</td>
<td>Guided Meditation</td>
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<td>4:00pm-5:00pm</td>
<td>Meditation Practice</td>
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<tr>
<td>5:00pm-5:15pm</td>
<td>Yoga Nidra</td>
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<tr>
<td>5:15pm-6:00pm</td>
<td>Guided Meditation</td>
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<tr>
<td>6:00pm-7:00pm</td>
<td>DINNER – Music Room, Mansion</td>
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**COURSE SCHEDULE (30 CMEs)**

Including Evidence-Based Case Studies

**Tuesday, Nov 3**

- 10:00am-12:00pm: Registration Olmsted Lobby
- 12:00pm-1:30pm: LUNCH – Music Room, Mansion
- 2:00pm-3:00pm: East Meets West Susan Lord MD
- 3:00pm-3:10pm: Exercise/BREAK
- 3:30pm-4:30pm: Overview: Yoga Science Leonard Perlmutter
- 4:30pm-4:45pm: Exercise/BREAK
- 4:45pm-5:45pm: Who Am I? Leonard Perlmutter
- 6:00pm-7:00pm: DINNER – Music Room, Mansion

**Wednesday, Nov 4**

- 8:00am-9:00am: BREAKFAST – Music Room, Mansion
- 9:30am-10:30am: Introduction to Meditation Leonard Perlmutter
- 10:30am-11:00am: Exercise/BREAK
- 11:00am-12:00pm: Meditation Practice Leonard Perlmutter
- 12:15pm-1:30pm: LUNCH - Music Room, Mansion
- 2:00pm-2:30pm: Guided Meditation Leonard Perlmutter
- 2:30pm-3:30pm: Breath as Medicine Beth Netter, MD
- 3:30pm-3:45pm: Mantra (Japa) Practice
- 3:45pm-4:45pm: Breathing Practices Leonard Perlmutter
- 4:45pm-6:00pm: Free Time
- 6:00pm-7:00pm: DINNER – Music Room, Mansion

**Thursday, Nov 5**

- 8:00am-9:00am: BREAKFAST – Music Room, Mansion
- 9:30am-10:00am: Guided Meditation Leonard Perlmutter
- 10:00am-11:10am: Yoga Psychology Leonard Perlmutter
- 12:00pm-1:00pm: LUNCH – Music Room, Mansion
- 1:30pm-2:00pm: Guided Breath Meditation/Mantra (Japa) Practice
- 2:00pm-4:00pm: Easy-Gentle Yoga I and II Leonard Perlmutter
- 4:00pm-4:15pm: Mantra (Japa) Practice
- 4:15pm-5:30pm: Yoga Nidra Leonard Perlmutter
- 5:45pm-6:45pm: DINNER, Music Room, Mansion
- 7:00pm-9:30pm: Bonus: Movie & Discussion: Peaceful Warrior

**Friday, Nov 6**

- 7:30am-8:00am: Easy-Gentle Yoga I & Review Mary Holloway
- 8:00am-9:00am: BREAKFAST – Music Room, Mansion
- 9:30am-10:00am: Guided Meditation
- 10:00am-11:00am: Intro to Ayurveda Leonard Perlmutter
- 11:00am-11:30am: Exercise/BREAK
- 11:30am-12:30pm: Ayurveda – The Science of Life Rosy Mann, BAMS
- 12:30pm-12:45pm: Mantra (Japa) Practice
- 12:45pm-1:45pm: LUNCH – Music Room, Mansion
- 2:30pm-3:30pm: Ayurveda: Diagnostic Application Rosy Mann, BAMS
- 3:30pm-4:00pm: Exercise/BREAK
- 4:00pm-5:00pm: Epigenomics/Inflammation Pt. 1 Mark Pettus MD
- 5:00pm-5:15pm: Exercise/BREAK
- 5:15pm-6:15pm: Epigenomics/Allostatic Load Pt. 2 Mark Pettus MD
- 6:00pm-7:00pm: DINNER – Music Room, Mansion

**Saturday, Nov 7**

- 7:00am-7:30am: Easy-Gentle Yoga II Review Mary Holloway
- 7:30am-8:30am: BREAKFAST – Music Room, Mansion
- 9:00am-9:30am: Guided Meditation
- 9:30am-11:00am: Chakra Psychology Leonard/Jeness Perlmutter
- 11:00am-11:30am: Exercise/BREAK
- 11:30am-1:00pm: Contemplation and Prayer Leonard Perlmutter
- 1:00pm-2:00pm: LUNCH – Music Room, Mansion
- 2:30pm-3:30pm: Food as Medicine Kathie Swift MS, RDH, LDN
- 3:30pm-4:00pm: Exercise/BREAK
- 4:00pm-5:30pm: Releasing Physician Burnout with Yoga Science
- 5:30pm-6:00pm: DINNER, Music Room, Mansion

**ATTIRE:** Please wear comfortable clothing. YOGA MATS ARE NOT NECESSARY.

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**SELF-CARE is essential to YOUR WELLNESS**

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

**An Effective Plan for YOU and your PATIENTS**

In 2007, 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:

- Significant reductions in stress and fear
- Improved energy levels
- Decreased anxiety and depression
- Reduced cholesterol levels
- Lowered blood pressure
- Increased creative capacity
- Diminished or extinguished acute and chronic pain
- Lowered heart rate
- Diminished or extinguished weight loss
- Improved restorative sleep
- Diminished or extinguished increased breathing capacity
- Increased creative capacity
- Elimination of irritable bowel syndrome
- Improved energy levels
- Enhanced happiness and optimism
- Reduced and extinguished chronic pain

*A problem cannot be solved on the level at which it appears. It must be solved on a higher level.*

**ALBERT EINSTEIN**

**Relieving Physician’s Burnout!**

You became a doctor because you care about people. You work hard and truly want to serve your patients and profession. But as a physician, you are subject to many stressors: overwork, cumbersome regulation, EMR and coding requirements, medical liability, on-call issues, lack of sleep, politics, and frustrations with the reimbursement structure.

By practicing Yoga Science as mind/body medicine, you can transform stress into strength—improving your job satisfaction and work/life balance, while reducing burnout symptoms of anger, depression, anxiety and exhaustion.

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**COURTNEY MAJIC**

**Self-Care**

Such as AMI’s *Heart and Science of Yoga* - mind/body medicine program

**Pharmaceuticals**

**Surgery**

**Good HEALTH**
U.S. PHYSICIAN ACCREDITATION (30 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 providership 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 30 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CANADIAN PHYSICIAN ACCREDITATION (30 CMEs)
Canadian Fellows should inquire with their respective MOC program for how to claim credits.

NURSING ACCREDITATION (30 Contact Hours)
This continuing nursing education activity was approved by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

PSYCHOLOGIST CONTINUING EDUCATION (30 CE Hours)
The American Meditation Institute (AMI) has been approved by the American Psychological Association to sponsor continuing education for psychologists. AMI maintains responsibility for this program and its content. For a complete list of educational objectives, call (518) 674-8714.
REGISTRATION FORM

PLEASE ENROLL ME: The Heart and Science of Yoga™ (NOV. 3-7, 2015)

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.

REGISTRATION FORM

NAME__________________________________________

CHECK ONE
❑ Physician    ❑ Resident    ❑ Fellow    ❑ PA    ❑ NP    ❑ RN    ❑ Psychologist    ❑ Guest of attendee

CME TRACKING NUMBER ________________________________

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: Delicious gourmet vegetarian meals will be served. If you have special needs or dietary restrictions, please In addition to Dr. Kremer, noted medical pioneers http://ameri-

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:

DR OZ (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 2014

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

1. “Overall, this course was excellent and life changing by introducing to me a practice and philosophy so fundamentally different from the way that allopathic medicine views the mind and body. I am so grateful for this experience, and the knowledge, expertise and compassion given by all the faculty and staff of this program. Thank you!” SL M.D., NYC

2. “My mind is open to a different way of seeing the world. I am looking forward to implementing what I learned in my own life and imparting this new information and new perspective to my patients.” RA M.D., PA

3. “Life changing! Everyone in every facet of life should experience this. I’m so grateful for you and your institution and all involved for bringing truth to doctors with love and compassion. This is a light the world needs to see.” PS M.D., RI

4. “This course has been the best CME course I have ever attended. It has given me a strong foundation, where I can help patients improve their lives with mindfulness. For myself, I have learned a skill that is lifelong and so powerful. I'm excited to use these skills for my greater good.” VQ M.D., NY

5. “This was a fantastic course! It was informative. It had a great mix of theory, science and practical use/practice. The spectrum of content was also balanced. Some of the more scientific/study presentations gave me the opportunity to see how I can incorporate this work and information within my practice.” RG M.D., NY

AMERICAN MEDITATION INSTITUTE
Self-Care for Healthy Living

501(c)3 Educational Organization
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americanmeditation.org/cme