The Heart and Science of Yoga®

OCTOBER 20-24, 2020

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

Space is LIMITED
Please Register EARLY!

You’ll Receive: 36 Proven Tools to Reduce and Eliminate Burnout

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

Curriculum Endorsed by: Dean Ornish MD, Larry Dossey MD, Bernie Siegel MD and Mehmet Oz MD
AM1's Heart and Science of Yoga® 2020 curriculum is uniquely designed to offer you a refreshingly new, clearer and kinder perspective on yourself and every personal and professional responsibility you face. Through engaging lectures by an accomplished faculty, instructive practicums and Q&A, you'll gain experiential knowledge that will integrate Yoga Science into a dynamic self-care program. As a result of attending this year’s conference, you’ll return home with a set of practical tools that can empower you to make conscious, discriminating and reliable choices to enhance your creativity, well-being, happiness and success. Regardless of how challenging your circumstances might feel today, the science of Yoga can help.

YOGA SCIENCE
An educational body of knowledge for health and healing
History, philosophy, research and benefits of yoga and 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
How to create and benefit from your own Yoga Science Lab

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

EASY-GENTLE YOGA
Two sets of Easy-Gentle Yoga stretches for exercise and pain relief
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
Understanding the anatomy of your real being
How to help the mind function for optimal health
Managing thoughts, desires and emotions
How to experience freedom from fear
Optimizing the power of the present moment
Channeling the four primitive urges: Food, Sex, Sleep, Self-preservation
Yoga Nidra (“conscious sleep”): Advanced mind/body healing
Psychology of the Chakra System as a diagnostic tool
Alleviating burnout and building resilience
Tools for building and healing relationships

MIND/BODY SELF-CARE PLAN
How to reduce burnout and achieve work/life balance in today’s culture
Understanding Ayurveda as a science and as a diagnostic tool
Applying Epigenetics and lifestyle choices for health and wellness
How to keep your AMI MEDITATION practice going and working
How to introduce these practices to your patients
Food as Medicine (diet and nutrition)
How Yoga Science can help create a culture of health and wellbeing

COURSE OBJECTIVES UPON COMPLETION, PARTICIPANTS WILL BE ABLE TO:
• Demonstrate knowledge of how using the tools of Yoga Science as mind/body medicine can help heal disease, manage addictive habits, alleviate stress, and reduce and prevent burnout
• Develop equanimity, discrimination, will power, creativity and energy with a daily practice of AMI MEDITATION & diaphragmatic breathing
• Incorporate long-term strategies for healthy lifestyle choices using Yoga Psychology
• Demonstrate knowledge of the principles of both Ayurveda and Epigenetics
• Utilize Yoga Science practices to transform trauma and increase resilience
• Utilize Food as Medicine to maximize personal wellbeing
• Demonstrate knowledge of the research and therapeutic modalities of yoga and meditation as mind/body medicine
• Reimagine a medical practice that incorporates Yoga Science tools
• Recognize the physiological benefits of Easy-Gentle Yoga, and identify and disable chronic pain mechanisms for improved exercise, health and pain relief
• Help themselves and their patients reduce conditioned habits of negative thinking and other symptoms of burnout through the healing powers of AMI MEDITATION and mantra science
• Use Chakra Psychology (subtle emotional/mental causes of stress) to assist in diagnosing and treating dis-ease
• Recognize how AMI MEDITATION and meditation-in-action change neural pathways in the brain to help manage pain and increase creativity
• Identify altered pathways in the brain due to stress or burnout, and recognize the capacity of Yoga Science and AMI MEDITATION to assist brain chemistry and circuitry to heal and rebuild itself
• Use the tools of Yoga Science to create a personal and medical culture of health and wellbeing

“A problem cannot be solved on the level at which it appears.
It must be solved on a higher level.”
ALBERT EINSTEIN

Relieving Physician Burnout!
“You became a doctor because you care about people. You work hard and truly want to serve your patients and your profession. But as a physician, you are subject to many stressors: overwork, cumbersome regulations, 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.”
Leonard Perlmutter, AMI Founder and Conference Faculty Director
An Effective Plan for YOU, your FAMILY and your PATIENTS

In 2008, AMI conducted a retrospective case study of participants who completed Leonard Perlmutter’s ‘Heart and Science of Yoga’ course curriculum. The findings included these positive, life-enhancing, health-promoting changes:

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

Herbert Benson, MD, Harvard Medical School, claims that Herbert Benson, MD, Harvard Medical School, claims that...
Leonard Perlmutter, AMI Founder

Leonard Perlmutter is the founder and director of The American Meditation Institute. He is a noted educator, philosopher, and author of both the award-winning book *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 direct 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, Kaiser Permanente, Albany Medical College, the Commonwealth Club of California, the U.S. Military Academy at West Point and *The New York Times* Yoga Forum with Dean Ornish MD.

**AMI FACULTY SPEAKERS**

Network, share and learn with medical colleagues, while rediscovering your love of medicine and life with our dedicated, knowledgeable faculty.

**Leonard Perlmutter, AMI Founder**

Comprehensive Yoga Science & Ayurveda Core Curriculum

Leonard is the founder and director of The American Meditation Institute. He is a noted educator, philosopher, and author of both the award-winning book *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 direct 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, Kaiser Permanente, Albany Medical College, the Commonwealth Club of California, the U.S. Military Academy at West Point and *The New York Times* Yoga Forum with Dean Ornish MD.

**Sat Bir S. Khalsa PhD**

Yoga's Mind/Body Connection-Research

Sat Bir is Director of Research, Kundalini Research Institute, and Assistant Professor of Medicine at Harvard Medical School. He coordinates the Symposium on Yoga Research, is editor of the *Int'l Journal of Yoga Therapy*, author of *Your Brain on Yoga*, and editor of *Principles & Practice of Yoga in Health Care*.

**Renee Goodemote MD**

Reimagining Medicine, Meditation-in-Action

Renee is medical director, Saratoga Hospital Community Health Center. She is board certified in Family Medicine, offering Yoga Science to her patients in the form of a nutrition Rx and complementary pain management program. Renee currently serves as Co-Chair of AMI’s Department of Medical Education.

**Jesse Rivo MD**

Reimagining Medicine

Jesse graduated from Harvard College and received his medical degree from the Brown-Dartmouth Medical Program. Jesse is assistant medical director of inpatient psychiatry at the University of Vermont Health Center-Central Vermont Medical Center, as well as an assistant professor of medicine at UVM.

**Bernie Siegel MD**

BONUS: Healing a Life vs Curing a Disease

An American medical pioneer, Bernie was the originator of the Exceptional Cancer Patients therapy clinic in New Haven, CT, former president of the American Holistic Medical Association, and award-winning author of *Love, Medicine & Miracles* and *How To Live Between Office Visits*.

**Gustavo Grodnitzky PhD**

Culture Trumps Everything

Gustavo is a noted psychologist and author. After receiving his Ph.D. in clinical and school psychology from Hofstra University, he completed post-doctorate degrees in both cognitive therapy and forensic psychology. He serves as Chair of American Meditation Institute’s Department of Psychological Education.

**Anita Burock MD**

Reimagining Medicine, Meditation-in-Action

Anita is board certified in Internal Medicine and currently practices Functional Medicine in Altamont, NY. She graduated from Penn State (Phi Beta Kappa) and the Medical College of Pennsylvania (Alpha Omega Alpha), and is a member of AMI’s Department of Medical Education.

**Lee Albert NMT**

Positional Therapy for Chronic Pain Relief

Lee is a neuromuscular therapist and certified yoga instructor. He created, practices and teaches Integrated Positional Therapy—yoga protocols to reduce and often eliminate chronic pain. Lee is the author of *Yoga for Pain Relief: A New Approach to an Ancient Practice and Live Pain-Free without Drugs or Surgery*.

**Michael Greger MD**

How Not to Die

Michael is a graduate of Tufts University School of Medicine, and founding member and Fellow of the American College of Lifestyle Medicine. He is an internationally recognized speaker on nutrition, food safety, and public health issues, and author of “The New York Times” best selling book, *How Not to Die*.

**Anthony Santilli MD**

Relieving Burnout, Reimagining Medicine

Tony received his medical degree from the University at Buffalo, having completed his fellowship at Weill Cornell University and post graduate training at Brown. He is board-certified in Pulmonary and Critical Care Medicine in Schenectady and Amsterdam NY, and is Co-Chair of AMI’s Department of Medical Education.

**Joshua Zamer MD**

Reimagining Medicine

Joshua is medical director for Addiction Medicine at the Saratoga Hospital Community Health Center. He is board certified in Family and Addiction Medicine, and previously served at the St. Peter’s Addiction Recovery Center (SPARC) Inpatient Detox Unit and Outpatient Clinic.

**Kristin Kaehler MD PhD**

Reimagining Medicine; Meditation-in-Action

Kristin graduated from Case Western Reserve University School of Medicine, and is board certified in Internal Medicine and Pediatrics in Cleveland, Ohio. She serves as a member of the AMI Department of Medical Education, and has been practicing Yoga Science as Holistic Mind/Body Medicine since 2015.

**Janine Pardo MD**

Epigenetics & Meditation; Reimagining Medicine

Janine graduated from Princeton and the University of Louisville School of Medicine. She is a Board Certified Internist emphasizing Preventive Care, a member of the American College of Lifestyle Medicine, founder of the Weston Internal Medicine & Wellness Center in Weston, MA. Since 2015 she has practiced Yoga Science.

**Lee Albert NMT**

Positional Therapy for Chronic Pain Relief

Lee is a neuromuscular therapist and certified yoga instructor. He created, practices and teaches Integrated Positional Therapy—yoga protocols to reduce and often eliminate chronic pain. Lee is the author of *Yoga for Pain Relief: A New Approach to an Ancient Practice and Live Pain-Free without Drugs or Surgery*.

**Special Alumni Dinner**

(prior to attending attendees)

On Friday, Oct. 23rd (6:00-7:30pm) all students who previously attended this conference will be hosted by Renee Goodemote and Tony Santilli, Co-Chairs of AMI’s Dept. of Medical Education. Following an Indian dinner, the group will discuss integrating the AMI curriculum into your medical practice and homelife.
Payment may be made by check or credit card (Visa, MasterCard, American Express or Discover). The registration fee includes all meals, a paperback and eBook copy of Leonard Perlmutter’s *The Heart and Science of Yoga*, *The Physiology of Yoga with Clinical Studies*, a guided meditation MP3, and a FREE copy of Leonard’s 5 1/2 hour online video course: *Comprehensive Meditation and Easy-Gentle Yoga*.

**ONLINE:** [americanmeditation.org/cme](http://americanmeditation.org/cme) (with credit card).

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

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

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

**ROOM RESERVATIONS:**

- *Physicians ——*
  - $2,495 On or before October 1, 2020
  - $2,695 After October 1, 2020

- *Residents/Fellows/PAs/NPs ——*
  - $2,295 On or before October 1, 2020
  - $2,495 After October 1, 2020

- *Registered Nurses, Psychologists and Guests of Registered Attendees** ——
  - $1,795 On or before October 1, 2020
  - $1,995 After October 1, 2020

**REFUND POLICY:** Written cancellation must be received by Monday, October 1, 2020. No refunds will be given after this date. A $250 administrative fee will be deducted from all refunds.

**ACCOMMODATIONS:** Room reservations must be made by contacting the Wyndhurst Manor & Club (formerly the Cranwell Resort) at (413) 637-1364. Mention AMI’s conference for a reduced room rate of $249/night + $30/day resort fee/tax guaranteed until Sept. 19, 2020. Discounted rooms are available for registrants on a first-come, first-served basis. This price includes access to fitness center with whirlpool, sauna, steam room and indoor pool, tennis courts and bike rentals. [wyndhurst.miravalresorts.com](http://wyndhurst.miravalresorts.com)

**GOURMET VEGETARIAN CUISINE:** All meals are included in registration fee. Attendees will be served delicious gourmet, plant-based, vegetarian meals prepared by the Wyndhurst’s award winning chefs. If you have special needs or dietary restrictions, please contact AMI at (518) 674-8714 by Monday, October 1, 2020.

**AIRPORT, ROOMMATE MATCHING, RIDE SHARING:** For those interested in sharing expenses for room accommodations, driving, and/or airport transportation, please visit the AMI Conference Meetup forum. [bit.ly/CME-meetup](http://bit.ly/CME-meetup)

**WEAR COMFORTABLE ATTIRE—YOGA MATS WILL NOT BE NECESSARY**

**U.S. PHYSICIAN ACCREDITATION (32 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 (ACME) to provide continuing medical education for physicians. The Albany Medical College designates this Live activity for a maximum of 32 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**NURSING CONTINUING EDUCATION (32 Contact Hours)**

This continuing nursing education activity was approved by the American Nurses Association Massachusetts (ANA MASS), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

**CAN’T ATTEND THIS YEAR? JOIN OUR MAILING LIST.**

[americanmeditation.org/CME-INFO](http://americanmeditation.org/CME-INFO)
TARGET AUDIENCE: Healthcare professionals who are interested in learning how Yoga Science can relieve and prevent burnout, and/or who provide direct patient care or education in areas of self-care, lifestyle choices, and mind/body medicine.
PHYSICIAN ATTENDEES FROM 2015-2019

98% of last year’s attendees evaluated “The Heart and Science of Yoga®” conference as "Superior" to other CME courses.

Phenomenal course! Leonard is an excellent teacher and now a friend. This experience was so enlightening in comparison to the usual medical conferences which are packed with data, but often not useful. It has actually changed my life!

Larry Iannarone MD, General Surgeon

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.

Pamela Shervanick DO, Psychiatry, ME

This was the best CME course I ever attended. It gave me a strong foundation to help patients mindfully improve their lives. I learned powerful and practical skills to use for my greater good.

Vi Quach MD, Internal Medicine, NYC

This curriculum should be part of all medical (and life) training. Now I have the tools to help make real change.

Willa Delliere MD, Family Medicine, NY

It has been transformational, inspiring and self-empowering. I highly recommend this conference for every physician.

Keyvan Hariri MD, Family Medicine, CA

This was probably the best CME course I’ve ever attended. It provided useful information and practices that I can share with others, and taught me how to focus on my own health and well-being.

Claudia Coplein DO, CT

Yoga Science has transformed my life, and I’ve returned annually because it’s so restorative. The discussions with peers were inspiring, and I recommend this course for everyone without reservation.

Kristin Kaelber MD, Internal Medicine, OH

A masterfully designed course! I came away with actionable knowledge and practice to begin my own journey into meditation and yoga.

Faith Holmes MD, Palliative Medicine, TX

Wonderful experience! Amazing tools to continually recalibrate my perspective on truth, harmony, health and authentic purpose. Deeply resonant material, which is conspicuously absent in the toxic culture of medical training. Should be required curriculum in medical school.

2019 Conference Attendee MD, Psychiatry

I am touched by Leonard’s presence and teaching, and am deeply appreciative.

Jennifer DePiero MD, Family Medicine, MA

Life-changing! I now know how I need to change my life to fulfill my deepest driving desire. Everyone would benefit from this course, especially medical practitioners.

Shivani Jerath MD, Family Medicine, NY

This conference was exactly what I needed for my career and life!

Dessa Burt MD, Pediatrics, MN

Amazing conference! Life altering. The flow of the lectures built on each other and everything was pulled together beautifully.

Colleen Opremcak MD, Psychiatry, OH

americanmeditation.org/cme
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