

Leonard Perlmutter Presents New Mind-Body Medicine Course on Meditation and Yoga at the American Meditation Institute

The [American Meditation Institute](#) in Averill Park, New York will host the [comprehensive mind-body medicine course The Heart and Science of Yoga](#) for physicians, nurses and the general public June 1-July 6, 2010. Educator and award-winning author [Leonard Perlmutter](#) will teach the six-week course on meditation, yoga and Ayurveda.

Averill Park, NY (AMI) May 18, 2010 — The American Meditation Institute in Averill Park, New York will host the comprehensive mind-body medicine course “The Heart and Science of Yoga” for physicians, nurses and the general public June 1-July 6, 2010. Leonard Perlmutter, educator and award-winning author will teach the six-week course on meditation, yoga and Ayurveda. The Albany Medical College, American Medical Association, New York State Nurses Association and the American Nurses Association have accredited this mind-body medicine CME course. Attending physicians will receive 12 AMA Category 1 credits and nurses will receive 12 contact hours.

The program of study will present a comprehensive survey of the historical, philosophical and scientific nature of meditation, yoga and Ayurveda. Leonard Perlmutter, the founder and director of the American Meditation Institute, is the author of “[The Heart and Science of Yoga: A Blueprint for Peace, Happiness and Freedom from Fear](#)”. Noted physicians Mehmet Oz, Dean Ornish and Larry Dossey have endorsed Mr. Perlmutter’s book, which serves as the curriculum for this mind-body medicine CME course.

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 previously completed Leonard Perlmutter’s Heart and Science of Yoga course. The study found that students who continued to practice what they learned in Perlmutter’s mind-body medicine course experienced the following 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

Noting that The U.S. Centers for Disease Control and Prevention in Atlanta, Georgia report that 53 percent of all illness is attributable to lifestyle choices, the American Meditation Institute founder Mr. Perlmutter concludes that “If health care professions and the general public could learn some form of mind-body medicine like basic meditation, breathing and yoga practices, they’d be motivated to make more skillful choices which would enhance their overall health and lower their annual health care costs.”

About the American Meditation Institute

The American Meditation Institute is a 501(c)3 non-profit educational organization devoted to the teaching and practice of Yoga Science, meditation and its allied disciplines as mind-body medicine. In its holistic approach to wellness, the AMI combines the healing arts of the East with the practicality of modern Western science. The American Meditation Institute offers a wide variety of classes, retreats, and teacher training programs. AMI also



publishes "[Transformation](#)," a bi-monthly journal of Yoga Science as holistic mind-body medicine. Call 800.234.5115 for a mail or email subscription.

Media Contact:

Mary Helen Holloway

60 Garner Road, Averill Park, NY 12018

Tel: 800-234-5115

Fax: 518-674-8714

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Contact Information

Mary Helen Holloway

American Meditation Institute

<http://www.americanmeditation.org>

(518) 674-8714

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