



New American Meditation Institute Mind-Body Medicine Meditation and Yoga Courses with Leonard Perlmutter

[The American Meditation Institute](#) in Averill Park, New York will present a six-week [mind-body medicine CME course on meditation and yoga](#) for physicians and the general public January 19-March 2, 2010, in addition to a one-day [Meditation for Heart Disease](#) workshop on January 20, 2010.

Averill Park, NY (Vocus) January 13, 2010 -- The American Meditation Institute in Averill Park, New York will present a six-week mind-body medicine CME course on meditation and yoga for physicians and the general public January 19-March 2, 2010, in addition to a one-day Meditation for Heart Disease workshop on January 20, 2010. Physicians will receive 12 AMA Category 1 credits by attending the American Meditation Institute's (AMI), mind-body medicine CME course on meditation and yoga. The Albany Medical College and the American Medical Association accredit the mind-body medicine CME course entitled American Meditation: The Heart and Science of Yoga. The course presents a comprehensive survey of the historical, philosophical and scientific nature of meditation and yoga. It will be taught by [Leonard Perlmutter](#), founder and director of the American Meditation Institute and award-winning 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.

For coronary heart disease patients and those at risk for heart disease, the one-day workshop [Meditation for Heart Disease](#) will teach skills that complement and support traditional medical therapy. Yogic breathing and meditation practices encourage all systems within the body to operate optimally. By learning a simple one-minute meditation technique and re-learning to breathe like a newborn, individuals can quickly reduce many symptoms of heart disease and lower their blood pressure.

According to a new American Heart Association study published in the Journal of the American Medical Association (JAMA), [meditation cures heart disease](#). The trial was sponsored by a \$3.8 million grant from the National Institutes of Health—National Heart, Lung, and Blood Institute, and was conducted at The Medical College of Wisconsin in Milwaukee in collaboration with the Institute for Natural Medicine and Prevention at Maharishi University of Management in Fairfield, Iowa. Research found that coronary heart disease patients who meditate have almost 50% lower rates of heart attacks, stroke and deaths compared to similar patients who do not meditate. The randomized controlled trial followed 201 African American men and women with coronary artery disease for nine years in a control trial. While one group of the patients (average age 59) practiced meditation, the control group received classes in traditional exercise and dietary modification. Everyone received standard medical care. The study found a 47 percent reduction in heart attacks, strokes and deaths in meditating participants as well as a clinically significant reduction in blood pressure.

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 Leonard Perlmutter concludes that "If people 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.

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