

## **American Meditation Institute Accredited by Albany Medical College to Present Its 8th Annual Physician CME Conference on Meditation & Yoga Science as Mind/Body Medicine**

*For the eighth consecutive year, The American Meditation Institute (AMI) has been accredited by the Albany Medical College to present its annual [‘Heart and Science of Yoga Mind/Body Medicine CME conference’](#) for physicians and other health care professionals. This 30 CME credit retreat will take place October 25-29, 2016 at the Cranwell Resort and Spa in Lenox, Massachusetts.*

([PRWEB](#)) January 26, 2016 -- For the eighth consecutive year, The American Meditation Institute (AMI) has been accredited by the Albany Medical College to present its annual ‘Heart and Science of Yoga Mind/Body Medicine CME conference’ for physicians and other health care professionals. This 30 CME credit retreat will take place October 25-29, 2016 at the Cranwell Resort and Spa in Lenox, Massachusetts.

This unique CME conference has been designed, in part, to offer a comprehensive curriculum of Yoga Science as Mind/Body Medicine that can help relieve physician burnout. Topics will include meditation, diaphragmatic breathing, mantra science, yoga psychology, neuroplasticity and the effects of meditation, alleviating trauma and PTSD, resiliency, mind function optimization, food as medicine, functional medicine, epigenomics, Ayurveda, easy-gentle yoga, lymph system detoxification and the chakra system as a diagnostic tool.

The dedication, enthusiasm, and teaching methodology of the entire AMI faculty will combine to create a dynamic and interactive course for all attending medical professionals. This year’s presenters will include [Leonard Perlmutter](#), AMI founder, meditational therapist and award-winning author; Mark Pettus MD, Director of Medical Education and Population Health at Berkshire Health Systems; Anthony Santilli MD, board-certified in Pulmonary and Critical Care Medicine; Prashant Kaushik MD, board-certified Rheumatologist; Sara Lazar PhD, neuroscientist at Beth Israel Deaconess Medical Center and instructor at Harvard Medical School; Susan Lord MD, a private practice holistic physician focusing on prevention and treatment, and former course director for the The Center for Mind-Body Medicine’s “Food As Medicine” program in Washington, DC; Jesse Ritvo MD, Assistant Medical Director, Inpatient Psychiatry, University of Vermont Health Center; Beth Netter MD MT, holistic physician and acupuncturist, Albany, NY; Jyothi Bhatt BAMS, Ayurvedic practitioner and faculty member of Kripalu School of Ayurveda and Physician’s Assistant at New York Presbyterian/Weill Cornell Medical Center; and Jenness Cortez Perlmutter, faculty member of The American Meditation Institute.

Noted physicians Mehmet Oz MD, Dean Ornish MD, Bernie Siegel MD and Larry Dossey MD have endorsed Leonard Perlmutter’s treatise on Yoga Science, which serves as the core curriculum for this year’s CME conference.

According to last year’s attendee, Jay Newman MD, of Towson, Maryland, “This conference was absolutely excellent. It was the best CME conference I have ever attended. It was a superb presentation of Yoga Science by presenters who are very passionate in sharing their knowledge. I wish I took this course years ago! I will take it again in the future.” Acknowledging such a heart-felt testimonial, AMI founder and faculty director Leonard Perlmutter noted, “Program sponsor Neil Mitnick MD and The Albany Medical College Office of Continuing Medical Education deserve a great deal of credit for the success of this CME conference. By accrediting the ‘Heart and Science of Yoga’ curriculum for eight consecutive years, Albany Med and Dr.



Mitnick have exhibited a rare and remarkable clarity of vision for how modern medicine can provide meaningful, practical support for the health and well being of physicians and their patients throughout our entire nation.”

Recent AMI graduate, Joel M. Kremer, MD, who is Board Certified in Internal Medicine and Rheumatology in Albany, New York, supports Perlmutter’s sentiments through his own personal experience. “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.”

#### 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, 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 “<http://www.americanmeditation.org/transformation-journal/> [Transformation],” a bi-monthly journal of meditation as holistic mind/body medicine. Call 800.234.5115 for a mail or email subscription.

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