

American Meditation Institute Releases New Online Video Course “Comprehensive Meditation and Easy-Gentle Yoga”

The [American Meditation Institute](#) (AMI) announced today the release of a new, 5 ½ hour online video course entitled [Comprehensive Meditation and Easy-Gentle Yoga](#). The online distance-learning course reflects the world’s oldest mind/body medicine.

Averill Park NY ([PRWEB](#)) July 01, 2014 -- The American Meditation Institute (AMI) announced today the release of a new, 5 ½ hour online video course entitled, “Comprehensive Meditation and Easy-Gentle Yoga.” This online distance-learning course, comprised of 40 individual segments, reflects the world’s oldest mind/body medicine. Topics contained in the online video course include: Meditation, Mantra Science, Diaphragmatic Breathing, Yoga Psychology, Easy-Gentle Yoga, Life After Death, Mind Function Optimization, Lymph System Detox, Nutrition, Ayurvedic Medicine and Prayer.

For thousands of years, human beings have practiced refined techniques of mental focusing designed to change the habitual conditioning of the mind. Central to many spiritual, philosophical and religious traditions, the practice of meditation is considered a powerful means for enhancing health, happiness and spiritual fulfillment.

In recent decades, modern medical science has dramatically confirmed what meditators have long known through their personal experience—that meditation, practiced under the guidance of a competent teacher (representing a time-tested lineage) offers deep and lasting benefits for physical, mental, emotional and spiritual well-being.

Now, through the gift of modern technology, Leonard Perlmutter’s new online video course, “Comprehensive Meditation and Easy-Gentle Yoga,” brings his comprehensive training in the world’s oldest and most effective holistic mind/body medicine in the comfort of home and on any computer or mobile device.

Acclaimed philosopher and founder of the American Meditation Institute, [Leonard Perlmutter](#), (Ram Lev), is the author of the six time 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 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 meditation and yoga courses at the M.D. Anderson Cancer Center, the Albany Medical College, The U.S. Military Academy at West Point and The New York Times Yoga Forum with Dean Ornish, MD. According to Leonard, “The essence of what Swami Rama taught me, what I have practiced for 37 years, and the core curriculum that I teach today, are contained in this new online video course. “Comprehensive Meditation and Easy-Gentle Yoga” is an homage to my spiritual master and the 5,000 year old lineage of Yoga Science.”

In 2009, in support of the American Meditation Institute’s continuing medical education accreditation for physicians (through the Albany Medical College and the American Medical Association), AMI conducted a retrospective case study of participants who completed the same curriculum offered in “Comprehensive Meditation and Easy-Gentle Yoga.”

The findings of this study were impressive. The tools and practices learned led to the following positive and reproducible, long-term health promoting changes: lowered blood pressure, lowered heart rate, reduced

cholesterol levels, decreased chest pain, diminished 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 and a general sense of happiness and optimism.

Now with the release of Leonard Perlmutter's new online video course, anyone throughout the world can experience these same remarkable, life-affirming benefits. Segments that can be explored at a comfortable pace will provide any interested person a clear understanding of how to establish a meditation and easy-gentle yoga practice and how to keep it going. Emphasizing clarity and practicality, this new online video course can empower its viewers to embrace life's ever-changing circumstances with a brilliance of confidence. If an interested individual is ready to undertake life's greatest adventure, this detailed and easy-to-follow video instruction will teach them how to become healthy, creative and secure in every circumstance.

With the purchase of AMI's new online video course students will receive a free ebook of Leonard's award-winning "The Heart and Science of Yoga"™. This 525 page encyclopedic text, endorsed by medical pioneers Mehmet Oz MD (Dr. Oz), Dean Ornish MD, Bernie Siegel MD and Larry Dossey MD, will greatly enhance anyone's experience of the video course. The ebook, like the online video instruction, is compatible with all major browsers, tablets and phones.

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 "[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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Online Web 2.0 Version

You can read the online version of this press release [here](#).