

The American Meditation Institute Presents Leonard Perlmutter's 6th Annual Physician CME Conference on Meditation, Yoga, Ayurveda, Chakras, and Functional Medicine

The American Meditation Institute founder Leonard Perlmutter will lead a faculty of noted speakers at the 6th annual [physicians' CME conference](#) on meditation, yoga, Ayurveda, chakras, epigenomics and functional medicine November 5-9, 2014 at the Cranwell Resort and Spa in Lenox, Massachusetts. The 30 credit hour mind/body medicine conference entitled "The Heart and Science of Yoga," is accredited through the [Albany Medical College Office of Continuing Medical Education](#).

AVERILL PARK, NY ([PRWEB](#)) July 22, 2014 -- The American Meditation Institute founder Leonard Perlmutter will lead a faculty of noted speakers at the 6th annual physicians' CME conference on meditation, yoga, Ayurveda, chakras, epigenomics and functional medicine November 5-9, 2014 at the Cranwell Resort and Spa in Lenox, Massachusetts. The 30 credit hour mind/body medicine conference entitled "The Heart and Science of Yoga," is accredited through the Albany Medical College Office of Continuing Medical Education.

Now in its sixth year of providing physicians continuing medical education credits, the American Meditation Institute's comprehensive training in holistic mind/body medicine conference will present an in-depth study of the historical, philosophical and scientific nature of Yoga Science as taught in both the East and West. Practical yogic skills will be taught to physicians, nurses and other healthcare professionals that can reduce their own stress and burnout while positively enhancing their ability to teach patients health-affirming lifestyle choices.

[Leonard Perlmutter](#) is a noted educator, philosopher and founder of The American Meditation Institute. He is the author of the six-time award-winning book [The Heart and Science of Yoga](#) and editor of 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 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.

As part of AMI's "Yoga of Medicine" program, this 30 CME conference is dedicated to providing quality, comprehensive and evidence-based education to physicians and other health care providers. Mr. Perlmutter's nine lectures will provide a broad curriculum of Yoga Science as mind/body medicine to enhance the health and wellbeing of both healthcare providers and their patients. His topics will include meditation, easy-gentle yoga, mantra science, diaphragmatic breathing, Yoga psychology, Ayurveda, mind function optimization, making healthy lifestyle choices, and the chakra system as a complementary diagnostic tool. According to Perlmutter, "This is the first CME approved conference in the nation covering the complete science of Yoga. Its holistic content is designed to provide healthcare professionals and their patients a 5,000 year old, time-tested, science-based mechanism for dealing with the debilitating effects of stress, illness and burnout."

The devotion, enthusiasm, and teaching methodology of the entire AMI faculty will combine to create a dynamic and interactive conference for their students. Each faculty member is committed to the advancement and training of Yoga Science as holistic mind/body medicine. In addition to faculty director Leonard

Perlmutter, presenters will include Mark Pettus MD, board-certified internist and nephrologist; Beth Netter MD, holistic physician and acupuncturist; Susan Lord, MD, holistic physician and Associate Director for Professional Training at the Center for Mind/Body Medicine in Washington, DC; Kathie Swift, MS RDN LDN, leading educator and practitioner in the field of integrative nutrition and author of “The Inside Tract: Your Good Gut Guide to Great Digestive Health;” Rosy Mann, Bachelor of Ayurvedic Medicine and Surgery and faculty member of the Kripalu School of Ayurveda; and world-renowned artist Jenness Cortez Perlmutter, co-founder and faculty member of The American Meditation Institute.

According to recent conference graduate, Joel M. Kremer, MD, who is Board Certified in Internal Medicine and Rheumatology in Albany, New York, “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.”

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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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