

Physicians' CME Conference Teaches Meditation as Key to Low Stress and Better Health

[The American Meditation Institute](#) (AMI) will present the sixth annual mind/body medicine CME conference on meditation and Yoga Science for physicians and other health care professionals, November 5-9, 2014 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [The Heart and Science of Yoga](#), this 30 hour CME conference will teach physicians how a daily meditation practice can train the mind to reduce stress and make healthy lifestyle choices.

Averill Park, NY ([PRWEB](#)) August 12, 2014 -- The American Meditation Institute (AMI) will present the sixth annual mind/body medicine CME conference on meditation and Yoga Science for physicians and other health care professionals, November 5-9, 2014 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "The Heart and Science of Yoga," this 30 hour CME conference will teach how a daily meditation practice can train the mind to reduce stress and make healthy lifestyle choices. In addition to basic mantra meditation, this comprehensive curriculum will also offer instruction on gentle yoga, diaphragmatic breathing, Ayurveda, Yoga psychology, mind function optimization, the Chakra system as a diagnostic tool, Epigenomics, Functional Medicine, lymph system detoxification and nutrition.

According to AMI founder and faculty chair Leonard Perlmutter, "The more consistently the therapeutic practices of meditation are incorporated into the daily lives of physicians and patients, most symptoms of stress and chronic complex diseases can be diminished or eliminated. The challenge for most human beings is that we have never been educated how to train the mind to make discriminating, health-affirming choices. But once we recognize, as microbiologist Bruce Lipton has that, 'unconscious habits are a million times more powerful than good intentions,' we can use a daily meditation practice to update the software of the unconscious mind. In part, meditation is a process that can replace old disease-producing habit patterns with new discriminating habits that lead to health and wellbeing. In light of the fact that the modern science of Epigenomics is clinically proving that we can positively alter our genetic code by making different lifestyle choices, meditation today is a dire necessity—for both physicians and patients."

Since 1995, Mr. Perlmutter has lectured extensively on the health benefits of meditation and yoga as mind/body medicine, including talks at the M.D. Anderson Cancer Center, Albany Medical Center, Stratton VA Medical Center, Berkshire Medical Center, University of Colorado Medical School, University of Wisconsin School of Nursing, Washington University Medical School, the United States Military Academy at West Point, and the Commonwealth Club of California. He also served on a distinguished New York Times panel of Yoga experts with Dr. Dean Ornish. Noted physicians Mehmet Oz (Dr. Oz), Dean Ornish, Bernie Siegel and Larry Dossey have endorsed Mr. Perlmutter's treatise on Yoga Science, which serves as the primary curriculum for the conference.

Each faculty member at this year's CME conference is committed to the advancement and training of meditation and Yoga Science as holistic mind/body medicine. 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; Susan Lord MD, faculty member and holistic health consultant for Kripalu Center for Yoga and Health; Kathie Swift MS RDN LDN, leading educator, practitioner and author

in the field of integrative nutrition; Beth Netter MD MT, holistic physician and acupuncturist, Albany, NY; Rosy Mann BAMS, Ayurvedic practitioner specializing in women's health and senior faculty member of Kripalu School of Ayurveda; Jenness Cortez Perlmutter, co-founder and faculty member of The American Meditation Institute.

Joel M. Kremer, MD, who is Board Certified in Internal Medicine and Rheumatology in Albany, New York and a recent AMI conference participant, is in full agreement. "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."

Richard Rubin, MD, another recent graduate of the AMI conference puts it this way, "Traditional medicine is very good at treating physical illness. However, studies show that the state of one's health has more to do with lifestyle choices than with heredity or medical care. Physicians and patients need something beyond what today's medical system can offer them. Meditation relieves stress, allows clearer thinking and helps to control many chronic illnesses, all at very low cost and a small investment of time."

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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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