

## **6th Annual Comprehensive Training in Yoga Science as Holistic Mind/Body Medicine Presented at November Physician CME Conference**

*The nation's first, and most comprehensive training for physicians in Yoga Science will be presented at [The American Meditation Institute's](#) (AMI) sixth annual mind/body medicine CME conference November 5-9, 2014 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [The Heart and Science of Yoga](#), this 30 CME mind/body medicine training for physicians and other health care professionals is accredited through the [Albany Medical College Office of Continuing Medical Education](#).*

AVERILL PARK, NY ([PRWEB](#)) September 23, 2014 -- The nation's first, and most comprehensive training for physicians in Yoga Science will be presented at The American Meditation Institute's (AMI) sixth annual mind/body medicine CME conference November 5-9, 2014 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "The Heart and Science of Yoga," this 30 CME mind/body medicine training for physicians and other health care professionals 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 conference on Yoga Science is designed to encourage active participant interaction by combining engaging lectures, practicums and panel discussion. Although recent studies have demonstrated that 75% of health care costs associated with chronic diseases could be prevented or reversed by lifestyle changes, many clinicians do not offer themselves, or their patients, strategies that encourage meaningful change. This 30 hour CME course will provide easy-to-learn practices that work synergistically (within the intricate medium of the stress system) to reduce inflammation and allostatic load while working toward establishing homeostasis.

Upon completion of this conference, physicians will be able to: demonstrate knowledge of how Yoga Science as mind/body medicine can help heal disease, manage addictive habits, alleviate stress, burnout and inflammation; develop equanimity, discrimination, will power, creativity and energy through a daily practice of meditation and diaphragmatic breathing; incorporate long-term strategies for healthy lifestyle choices using Yoga Psychology; demonstrate knowledge of the principles of both Ayurveda and Epigenomics; understand the physiological benefits of easy-gentle yoga (exercises for lymph system detox, joints, glands, muscles and internal organs); help themselves and their patients reduce conditioned habits of negative thinking through the healing powers of mantra science; utilize food as medicine (diet, nutrition, Functional Medicine) to maximize personal well being; and use Chakra Psychology (subtle emotional/mental causes of stress) to diagnose and treat dis-ease.

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. [Leonard Perlmutter](#), noted educator, philosopher and founder of The American Meditation Institute will serve as conference director. Leonard 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.

Additional 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 Leonard Perlmutter, “The more consistently the therapeutic practices of Yoga Science are incorporated into the daily lives of physicians and patients, most symptoms of stress related burnout and chronic complex diseases can be diminished or eliminated. This sentiment is echoed by 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.”

In addition to Dr. Kremer, numerous medical pioneers and healthcare professionals such as [Mehmet Oz MD](#), Dean Ornish MD and Bernie Siegel MD have also endorsed this curriculum. Previous [conference attendees](#) have also noted that the material presented has made a beneficial impact toward their personal and professional efforts at self-care.

-30-

#### 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.

#### Media Contact:

Mary Helen Holloway  
60 Garner Road, Averill Park, NY 12018  
Tel: 800-234-5115  
Fax: 518-674-8714



**Contact Information**

**Mary Helen Holloway**

American Meditation Institute

<http://www.americanmeditation.org>

+1 (518) 674-8714

**Online Web 2.0 Version**

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