

"Breath as Medicine" to be Discussed at Sixth Annual Physicians' CME Conference on Meditation and Yoga Nov 5-9 at the Cranwell Resort & Spa, Lenox, MA

Holistic physician [Beth Netter, MD](#) will lecture on "Breath as Medicine" at the 6th annual [American Meditation Institute CME conference](#) on meditation, yoga and breathing 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 CME mind/body medicine physician training is accredited through the [Albany Medical College Office of Continuing Medical Education](#).

Averill Park, NY ([PRWEB](#)) September 02, 2014 -- Holistic physician Beth Netter, MD will lecture on "Breath as Medicine" at the 6th annual American Meditation Institute CME conference on meditation, yoga and breathing 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 CME mind/body medicine physician training 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 curriculum 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 stress and burnout while positively enhancing their ability to make health-affirming lifestyle choices and to teach the techniques to their patients.

Yogic breathing is a fundamental practice of Yoga Science. Beth Netter's lecture entitled: "Breath as Medicine" will address the importance of diaphragmatic breathing as a means to optimize blood flow, provide sufficient oxygen to the body and improve heart-rate variability. The complete (three-part) yogic breath will be demonstrated and practiced by all conference attendees. Recent medical studies have acknowledged that by stimulating the vagus nerve, yogic breathing techniques can increase neurotransmitters in the brain that reduce anxiety and depression.

Presenter Beth Netter is an holistic physician in Albany New York. She graduated from the University at Buffalo's School of Biomedical Sciences, and completed her residency in anesthesiology at the Brigham and Women's Hospital in Boston, MA. Beth is an AMI certified meditational therapist, and currently serves as Chair of the AMI Medical Education Committee.

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. AMI's CME conference will offer a broad curriculum of Yoga Science as mind/body medicine to enhance the health and wellbeing of both healthcare providers and their patients. Topics will include meditation, diaphragmatic breathing, mantra science, Yoga psychology, mind function optimization, nutrition, functional medicine, epigenomics, ayurveda, easy-gentle yoga, lymph system detoxification, and the chakra system as a diagnostic tool.

The devotion, enthusiasm, and teaching methodology of the entire AMI faculty will combine to create a dynamic and interactive course for their students. Each faculty member is committed to the advancement and

training of Yoga Science as holistic mind/body medicine. In addition to Beth Netter, MD presenters will include faculty director Leonard Perlmutter, AMI founder, meditational therapist and award-winning author; Mark Pettus MD, board-certified internist and nephrologist; Susan Lord MD, lecturer and holistic health consultant for Kripalu Center for Yoga and Health; 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 BAMS, senior faculty member of Kripalu School of Ayurveda; and world-renowned artist Jenness Cortez Perlmutter, co-founder and faculty member of The American Meditation Institute.

The National Institutes of Health report that approximately 38% of adults in the United States aged 18 and over, and nearly 12% of U.S. children 17 years and under use some form of complementary and alternative medicine. Significant among these therapies are deep breathing exercises, meditation and yoga—all of which are offered in “The Heart and Science of Yoga” CME course. “We are grateful to the Albany Medical College for their continued dedication to the teaching of mind/body medicine for physicians,” Perlmutter said. “The more consistently the therapeutic practices of meditation and yoga 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.

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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