

## **CME Conference to Teach Physicians How Chakra Psychology Can Be Used to Identify Subtle Emotional and Mental Causes of Stress in the Diagnosis and Treatment of Disease**

*Physicians will learn how to use the ancient chakra system as a diagnostic tool 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 accredited comprehensive training in mind/body medicine for physicians and other health care professionals is presented in joint sponsorship with the [Albany Medical College Office of Continuing Medical Education](#).*

AVERILL PARK, NY ([PRWEB](#)) September 30, 2014 -- Physicians will learn how to use the ancient chakra system as a diagnostic tool 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 accredited comprehensive training in mind/body medicine for physicians and other health care professionals is presented in joint sponsorship with the Albany Medical College Office of Continuing Medical Education.

Although recent medical studies have demonstrated that 75% of health care costs associated with chronic diseases could be prevented or reversed by lifestyle changes, many physicians 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: use Chakra Psychology (subtle emotional/mental causes of stress) to diagnose and treat dis-ease; 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; and utilize food as medicine (diet, nutrition, Functional Medicine) to maximize personal well being.

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 faculty director Leonard Perlmutter, “Even when a medical diagnosis is known through conventional Western methods, an understanding of chakra psychology can help augment a physician’s ability to treat and educate a patient in the profound benefits of self-care.” Perlmutter concludes that, “The more consistently therapeutic yogic practices like meditation and chakra psychology 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.

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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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