

Leonard Perlmutter's Self-Care "Comprehensive Meditation" Course to be Held at The American Meditation Institute

Educator, meditational therapist and award-winning author [Leonard Perlmutter](#), will teach a new, comprehensive, CME accredited course on how to start and maintain a daily meditation practice. Entitled, [Comprehensive Meditation](#), the course will be held September 17 – October 22, 2014 at [The American Meditation Institute](#) (AMI) in Averill Park, New York, where Mr. Perlmutter will systematically explain the basics of mantra meditation, gentle yoga, diaphragmatic breathing, ayurveda, and mind function optimization.

AVERILL PARK NY ([PRWEB](#)) September 03, 2014 -- Educator, meditational therapist and award-winning author Leonard Perlmutter, will teach a new, comprehensive, CME accredited course on how to start and maintain a daily meditation practice. Entitled "Comprehensive Meditation," the course will be held September 17 – October 22, 2014 at The American Meditation Institute (AMI) in Averill Park, New York, where Mr. Perlmutter will systematically explain the basics of mantra meditation, gentle yoga, diaphragmatic breathing, ayurveda, and mind function optimization. Although this self-care, mind/body medicine course is intended for a general audience, attending physicians and nurses will receive 15 continuing medical education (CME) credits.

Like the entire AMI curriculum, this "Comprehensive Meditation" course provides a quality, comprehensive and evidence-based education on Yoga Science as mind/body medicine. Upon completion, all participants will learn how a daily practice of meditation can help enhance the body's immune system, reduce stress and inflammation, increase creativity, happiness and security while improving personal and business relationships.

Leonard Perlmutter, founder and director of The American Meditation Institute, is the author of "[The Heart and Science of Yoga](#)." Noted physicians Dr. Oz (Mehmet Oz MD), Dean Ornish MD, Bernie Siegel MD and Larry Dossey MD have endorsed Mr. Perlmutter's book, which serves as the curriculum for this mind/body medicine CME-accredited "Comprehensive Meditation" course.

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, University of Colorado Medical School, University of Wisconsin School of Nursing, Washington University Medical School, U. S. 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 [Dean Ornish MD](#).

In support of the course curriculum, AMI conducted a retrospective case study of participants who previously completed Leonard Perlmutter's "Comprehensive Meditation" course. The study found that students who continued to practice what they learned in Perlmutter's mind/body medicine course experienced the following positive, reproducible, long-term health-promoting changes: lowered blood pressure, lowered heart rate, reduced cholesterol levels, decreased chest pain, diminished or extinguished acute and chronic pain, weight loss, increased breathing capacity, increased exercise capacity, improved quality and quantity of sleep, improved energy levels, increased creative capacity, diminishment of migraine headaches, significant reductions in stress and fear, elimination of irritable bowel syndrome, a general sense of happiness and optimism in all facets of life.

Noting that The U.S. Centers for Disease Control and Prevention in Atlanta, Georgia report that 53 percent of

all illness is attributable to lifestyle choices, the American Meditation Institute founder Mr. Perlmutter concludes that, “The more consistently the therapeutic practices of AMI’s “Comprehensive Meditation” course are incorporated into daily life, most symptoms of stress related burnout and chronic complex diseases can be diminished or eliminated.”

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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, the 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

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