

American Meditation Institute and Albany Medical College Present 7th Annual CME Conference on Meditation and Yoga as Mind/Body Medicine and to Relieve Physician Burnout

How to relieve physician burnout, enhance work-life balance and empower doctors to teach patients how to make healthier lifestyle choices will be topics discussed at [The American Meditation Institute's](#) (AMI) seventh annual mind/body medicine CME conference on meditation and yoga November 3-7, 2015 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](#)) April 01, 2015 -- How to relieve physician burnout, enhance work-life balance and empower doctors to instruct patients in making healthier lifestyle choices will be topics discussed at The American Meditation Institute's (AMI) seventh annual mind/body medicine CME conference on meditation and yoga November 3-7, 2015 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.

According to faculty director Leonard Perlmutter, "A physician's career can be very rewarding, but it can also be very stressful as they deal with such issues as patients who die, high workloads, cumbersome regulations, medical liability, oncall issues, lack of sleep, their own fallibility, politics and frustrations with the reimbursement structure." As a consequence of all these stressors, "Physician burnout is on the rise!" That's according to a June 5, 2014 report by Jeff Burger in the [Gallup Business Journal](#). In his report, Burger indicates that "Approximately 42 percent, or four in ten physicians, report feeling dissatisfied in their medical practice."

Noting the enormous volume of stressors facing all health care professionals today, Perlmutter concludes, "AMI's upcoming CME conference on Yoga Science as mind/body medicine is dedicated to providing physicians and other health care professionals the practical tools necessary to transform stress into strength—improving their job satisfaction and work-life balance, while reducing burnout symptoms of anger, depression, anxiety and exhaustion." Topics at this year's conference include: mantra meditation, diaphragmatic breathing, Yoga psychology, chakra system therapy, mind function optimization, nutrition, functional medicine, epigenomics, ayurveda, easy-gentle yoga and lymph system detoxification.

The dedication, enthusiasm, and teaching methodology of the entire AMI faculty will combine to create a dynamic and interactive course for all attendees. Each faculty member is committed to the advancement and training of 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; Anthony Santilli MD, board-certified in Pulmonary and Critical Care Medicine; Prashant Kaushik MD, board-certified Rheumatologist; 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 and Jenness Cortez Perlmutter, faculty member of The American Meditation Institute.

Since 1995, faculty director 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.

According to conference presenter Anthony Santilli MD, “When the therapeutic practices of meditation and yoga are consistently 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. According to Kremer, “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, noted medical pioneers [Mehmet Oz MD](#), Dean Ornish MD and Bernie Siegel MD have also endorsed this conference curriculum. Previous [conference attendees](#) have also reported that the material presented has made a beneficial impact on relieving the harmful effects of stress.

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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, conferences, and teacher training programs. AMI also publishes [Transformation](#), a quarterly journal of meditation as holistic mind/body medicine. Call 518-674-8714 for a mail or email subscription.

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