

Mark Pettus MD Joins The American Meditation Institute Faculty for the 7th Annual CME Conference on Relieving Physician Burnout with Meditation and Yoga

Board-certified internist and nephrologist Mark Pettus, MD will join the faculty of [The American Meditation Institute](#) (AMI) for a 30 credit hour mind/body medicine CME conference on meditation, gentle yoga and diaphragmatic breathing for physicians and other health care professionals, November 3-7, 2015 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "[American Meditation: The Heart and Science of Yoga.](#)" this comprehensive training, accredited through the [Albany Medical College Office of Continuing Medical Education](#), is designed to help relieve physician stress and burnout.

Averill Park, NY ([PRWEB](#)) May 12, 2015 -- Board-certified internist and nephrologist Mark Pettus, MD will join the faculty of The American Meditation Institute (AMI) for a 30 credit hour mind/body medicine CME conference on meditation, gentle yoga and diaphragmatic breathing for physicians and other health care professionals, November 3-7, 2015 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "American Meditation: The Heart and Science of Yoga," this comprehensive training, accredited through the Albany Medical College Office of Continuing Medical Education, is designed to help relieve physician stress and burnout.

Now in its seventh year of providing physicians continuing medical education credits, this unique holistic mind/body medicine conference will present an in-depth study of the historical, philosophical and scientific nature of Yoga Science. Practical yogic skills will be taught to all attendees to expand their knowledge of and experience with health-affirming, yogic practices. Each lecture is designed to help relieve physician and patient burnout by reducing their allostatic load—the physiological consequences of chronic exposure to fluctuating or heightened neural or neuroendocrine responses resulting from chronic stress.

Presenter Mark Pettus, MD, currently serves as Medical Director of Education, Wellness and Population Health at Berkshire Health Systems, and Associate Dean of Medical Education at the University of Massachusetts Medical Center. A featured speaker on a number of nationally broadcast television and radio programs, Dr. Pettus is also the author of "The Savvy Patient" and "It's All in Your Head: Change Your Mind, Change Your Health, & Change Your Life."

Dr. Pettus' participation will include a lecture entitled "Epigenomics/ "Inflammation/Allostatic Load." Drawing on the new, burgeoning fields of epigenomics and nutrigenomics, his talks will focus on how these areas of study are generating unprecedented medical understanding and insight into how meditation, yoga and diaphragmatic breathing can have a fundamental influence on how our genes may express themselves.

According to Dr. Pettus, "we've left behind the genetic perspective in which everything is sort of preordained; the belief that whatever the translation of your genetic coding is, will manifest over the course of your life, and ultimately, there's very little you can do about it. To the contrary, current clinical research is now suggesting a very, very different picture, in which genetic predisposition is no longer considered destiny."

As part of AMI's "Yoga of Medicine" program, this entire CME curriculum is dedicated to providing quality, comprehensive and evidence-based education to physicians and other health care providers on Yoga Science as

mind/body medicine. Topics will include mantra based meditation, diaphragmatic breathing, Yoga Psychology, the chakra system as a diagnostic tool, mind function optimization, relieving physician burnout, Functional Medicine, Epigenomics, Ayurveda, easy-gentle yoga and lymph system detoxification.

The dedication, enthusiasm, and teaching methodology of the entire AMI faculty 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 Dr. Pettus, other presenters will be faculty director, Leonard Perlmutter, founder of AMI, meditational therapist and award-winning author; Susan Lord MD, holistic physician in Great Barrington, MA focusing on prevention and treatment through mindful living and lifestyle changes; Beth Netter MD MT, holistic physician and acupuncturist in Albany, NY and chair of the AMI Medical Education Department; Prashant Kausik, MD, board-certified rheumatologist and interim Rheumatology Program Director at Albany Medical College and the VA Stratton Hospital, Albany, NY; Anthony Santilli MD, board-certified in pulmonology and critical care practicing in Schenectady and Amsterdam, NY; Kathie Swift MS RDN LDN, a leading educator and practitioner in the field of integrative nutrition; Rosy Mann BAMS, senior faculty member of Kripalu School of Ayurveda with over 15 years experience of clinical Ayurveda; and Jenness Cortez Perlmutter, co-founder of AMI and internationally known artist whose mediation practice has enhanced her remarkable detailed artistry.

The National Institutes of Health report that approximately 38% of adults in the United States ages 18 and older, and nearly 12% of U.S. children 17 years and under use some form of complementary and alternative medicine. In a survey of adults 50 and older conducted by AARP and the National Center for Complementary and Alternative Medicine, more than 50% stated that they had used 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 conference.

According to AMI founder Leonard Perlmutter, “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.”

Recent graduate, Joel M. Kremer, MD, Board Certified in Internal Medicine and Rheumatology and practicing in Albany, New York, described his experience with the conference as follows: “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.”

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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 518-674-8714 for a mail or email subscription.



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