

## **Prashant Kaushik, MD to Speak on Relieving Physician Burnout at The American Meditation Institute's 7th Annual CME Conference on Meditation and Yoga as Mind/Body Medicine**

*Board-certified Rheumatologist Prashant Kaushik, 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 prevent and relieve physician stress and burnout.*

AVERILL PARK, NY ([PRWEB](#)) July 01, 2015 -- Board-certified Rheumatologist Prashant Kaushik, 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 prevent and 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 Prashant Kaushik, MD received his Bachelors of Medicine and Surgery degrees from the All India Institute of Medical Services (AIIMS), New Delhi. A board-certified Rheumatologist in Albany, NY, Prashant serves as interim Rheumatology Program Director at the Albany Medical College and Stratton VA Hospitals and is a member of AMI's Medical Education Department. Dr. Kaushik is the 2014-2015 recipient of the Albany Medical College's Residency Teacher of the Year award.

Dr. Kaushik's participation at this year's conference will include a new lecture entitled "Relieving Physician Burnout." According to Dr. Kaushik, "Simple techniques like mantra meditation, one-pointed attention, diaphragmatic breathing and easy-gentle yoga have been used for millennia to transform the debilitating nature of stress. When the practical tools of Yoga Science as mind/body medicine are incorporated into everyday life, physician burnout can be reversed dramatically and eliminated in many circumstances."

The entire curriculum at this year's 30-hour CME conference is dedicated to providing quality, comprehensive and evidence-based education to physicians and other health care providers. 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, nutrition, 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. Kaushik, other presenters will be faculty director, Leonard Perlmutter, founder of The American Meditation Institute, meditational therapist and award-winning author; Mark Pettus MD, board-certified internist and nephrologist currently serving as Director of Medical Education and Population Health at Berkshire Health Systems; 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; 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 Joel M. Kremer, MD, who is Board Certified in Internal Medicine and Rheumatology in Albany, New York and a recent AMI conference participant, “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 AMI’s core 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.

-30-

#### 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.

#### Media Contact:

Robert Washington  
60 Garner Road  
Averill Park, NY 12018



Tel: 518-674-8714

Fax: 518-674-8714



**Contact Information**

**Robert Washington**

American Meditation Institute

<http://www.americanmeditation.org>

+1 (518) 674-8714

**Online Web 2.0 Version**

You can read the online version of this press release [here](#).