

## **The Ancient Chakra System and Yoga Psychology as Modern Diagnostic Tools to be Discussed at November CME Mind/Body Medicine Conference**

*Leonard Perlmutter and Jenness Cortez Perlmutter, founders of The American Meditation Institute (AMI), will lecture on the benefits of the ancient chakra system and Yoga Psychology as complementary diagnostic tools to treat dis-ease at the seventh annual mind/body medicine CME conference November 3-7, 2015 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [American Meditation: The Heart and Science of Yoga](#), this comprehensive physician training is accredited through the Albany Medical College Office of Continuing Medical Education.*

AVERILL PARK, NY ([PRWEB](#)) September 29, 2015 -- Leonard Perlmutter and Jenness Cortez Perlmutter, founders of The American Meditation Institute (AMI), will lecture on the benefits of the ancient chakra system and Yoga Psychology as complementary diagnostic tools to treat dis-ease at the seventh annual mind/body medicine CME conference November 3-7, 2015 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [American Meditation: The Heart and Science of Yoga](#), this comprehensive physician training is accredited through the Albany Medical College Office of Continuing Medical Education.

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Leonard and Jenness Perlmutter have been studying, practicing and teaching various aspects of Yoga Science for over 40 years. From 1977 through 1996 they trained under the guidance of the renowned meditation master, Swami Rama of the Himalayas, who, in laboratory conditions at the Menninger Institute, demonstrated that blood pressure, heart rate and the autonomic nervous system could be voluntarily controlled.

In the first of their two conference lectures the Perlmutteres will present a basic overview of the psychology associated with the chakra system. In their second talk, they will discuss how the chakra system and Yoga Psychology can be used together as complementary diagnostic tools.

According to Jenness Perlmutter, “The primary chakra system is comprised of seven, subtle centers of energy and consciousness variously positioned from the crown of the head to the base of the spine. When energy is trapped in any particular chakra because of unskillful lifestyle choices, certain related health weaknesses develop.” The first, or root chakra, located at the base of the spine, is named Muladhara and is identified with basic survival and self-preservation. The second is the Svadisthana or sacral chakra located in the uro-genital region. It is identified with sensuality and procreation. The third, Manipura or navel chakra, is located in the abdominal or solar plexus and is identified with fire and the assertion of will power. The fourth, Anahata or heart chakra, is located mid-point between the two breasts and is associated with the expression of unconditional love. The fifth, Visuddha or throat chakra, is located at the pit of the throat, and is associated with creativity, hearing, speech and associated forms of self-expression. The sixth, Ajna or eyebrow chakra, located mid-way between the two eyebrows, is associated with intuition and wisdom. Finally, the Sahasrara crown

chakra is located just above the crown of the head and symbolizes union with the source of all creation.

Providing physicians 30 CMEs (continuing medical education credits), “The Heart and Science of Yoga®” conference offers comprehensive training in the world’s most effective holistic mind/body medicine and its scientific foundation. With registration limited to fewer than 70 physicians, this personalized program is designed to encourage active participant interaction by combining engaging lectures, practicums, panel discussions and Q&A.

The devotion, enthusiasm, and teaching methodology of the entire eight-person teaching faculty will combine to create a dynamic and interactive course for attendees. Each faculty member is committed to the advancement and training of Yoga Science as holistic mind/body medicine. In addition to the Perlmutter’s lectures on the chakra system, additional topics will include mindful mantra meditation, diaphragmatic breathing, mind function optimization, nutrition, Ayurveda, relieving physician burnout, functional medicine, epigenomics, easy-gentle yoga and lymph system detoxification.

Although recent studies have demonstrated that 75% of health care costs associated with chronic diseases could be prevented or reversed by lifestyle changes, many clinicians do not offer themselves, or their patients, strategies that encourage meaningful change. AMI’s 30 hour CME conference will provide easy-to-learn practices that work synergistically (within the intricate medium of the stress system) to reduce inflammation, allostatic load and burnout while working toward establishing homeostasis.

According to conference faculty director Leonard Perlmutter, “Most of the obstacles to good health reside in the mind. Meditators learn how to develop the tools that can change the software of the mind and therefore, enhance their personal well being.”

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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 quarterly journal of meditation as holistic mind/body medicine. Call 518.674.8714 for a postal or email subscription.

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