

## **Prashant Kaushik, MD to Discuss His Journey from Burnout to Homeostasis at American Meditation Institute's 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, October 25-29, 2016 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [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](#)) April 12, 2016 -- 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, October 25-29, 2016 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "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 eighth 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 a Bachelors of Medicine & Surgery degree from the All India Institute of Medical Services, New Delhi. A board-certified Rheumatologist, Dr. Kaushik serves as Lead Rheumatologist at the Albany VA Medical Center, Associate Professor, Department of Internal Medicine Albany Medical College, and is a member of the AMI Department of Medical Education. Dr. Kaushik is the 2015 recipient of the Albany Medical College's Residency Teacher of the Year award.

Dr. Kaushik's participation at this year's CME conference will include a relevant lecture chronicling his own journey from physician burnout to homeostasis. 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. To help physicians relieve burnout symptoms, conference topics will include mantra-based AMI meditation, diaphragmatic breathing, Yoga Psychology, the chakra system as a diagnostic tool, mind function optimization, neuroplasticity, trauma, PTSD, Functional Medicine, Epigenomics, Ayurveda, nutrition, 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 attending medical professionals. In addition to Dr. Kaushik, this year's presenters will include [Leonard Perlmutter](#), AMI founder, philosopher, 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; Sara Lazar PhD, neuroscientist at Beth Israel Deaconess Medical Center and instructor at Harvard Medical School; Susan Lord MD, a private practice holistic physician focusing on prevention and treatment, and former course director for the The Center for Mind-Body Medicine's "Food As Medicine" program in Washington, DC; Jesse Ritvo MD, Assistant Medical Director, Inpatient Psychiatry, University of Vermont Health Center; Beth Netter MD MT, holistic physician and acupuncturist, Albany, NY; Jyothi Bhatt BAMS, Ayurvedic practitioner and faculty member of Kripalu School of Ayurveda and Physician's Assistant at New York Presbyterian/Weill Cornell Medical Center; and Jenness Cortez Perlmutter, senior faculty member of The American Meditation Institute.

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.

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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, AMI 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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