

American Meditation Institute's First Annual Health & Happiness Conference Offers Practical Tools for Healthy Living in a Stressful World

To promote health and well-being in an increasingly stressful world, [The American Meditation Institute](#) (AMI) in Averill Park, New York will host the first annual [Health & Happiness Conference](#) on Saturday, April 29, 2017 from 10am – 4:00pm at the Hindu Cultural Center in Albany, New York. Led by internationally acclaimed mind/body medicine pioneer Bernie Siegel, MD and AMI founder Leonard Perlmutter, the conference will bring together a faculty of distinguished physicians and meditation researchers to present practical tools to enhance health, creativity, well-being, happiness and success.

AVERILL PARK, NY ([PRWEB](#)) April 14, 2017 -- To promote health and wellbeing in an increasingly stressful world, The American Meditation Institute (AMI) in Averill Park, New York will host its first annual Health & Happiness Conference on Saturday, April 29, 2017 from 10am – 4:00pm at the Hindu Cultural Center in Albany, New York. Led by internationally acclaimed mind/body medicine pioneer Bernie Siegel, MD and AMI founder Leonard Perlmutter, the conference will bring together a faculty of distinguished physicians and meditation researchers to present practical tools to enhance health, creativity, well-being, happiness and success.

“Coping with daily life—family, work, managing emotions—is incredibly challenging in today’s fast-paced, complex, stressful world,” said Leonard Perlmutter. “AMI’s Health & Happiness Conference will give participants from all walks of life practical ideas on how to transform stress and put proven techniques immediately into action to enhance their lives.”

Participants have the opportunity to choose how they will spend the day. Beginner sessions will include Meditation 101, Breath as Medicine, Relieving Stress, and Food as Medicine. Advanced sessions will cover DNA is Not Destiny, Functions of the Mind, and Meditation & The Brain.

“The Health & Happiness Conference will offer something for everyone, no matter your experience level,” said Leonard Perlmutter. “By allow participants to customize their day, they will maximize their experience and emerge from the training inspired and ready to create a happier, healthier, more meaningful life.”

To nourish body and soul, participants will enjoy easy-gentle yoga and a delicious gourmet vegetarian lunch. In the afternoon, renowned keynote speaker Bernie Siegel will share his thoughts on The Healing Power of Love and Leonard Perlmutter will delve deep into the topic of “Using the Mind to Heal the Body.” A lively panel discussion will cap off the day’s events.

Feeling refreshed, rejuvenated and renewed, participants will emerge from the training ready to apply what they learned with these practical tools for healthy living:

- An understanding of how Yoga Science as mind/body medicine can help heal disease, manage addictive habits, and alleviate inflammation, stress and burnout symptoms
- The power to reduce negative thinking and other symptoms of stress and burnout through AMI meditation and mantra science
- Access to contentment, discrimination, will power, creativity and energy through a daily practice of AMI Meditation and diaphragmatic breathing

- How to incorporate long-term strategies for healthy lifestyle choices using Yoga Psychology
- An understanding of the principles of Ayurveda and Epigenomics (DNA is not destiny!)
- The ability to identify and employ yogic practices to enhance the immune system
- The ability to recognize the physiological benefits of Easy-Gentle Yoga (exercises for lymph system detox, joints, glands, muscles and internal organs)
- The ability to use Food as Medicine (Diet and Nutrition) to maximize personal well being
- An understanding of how AMI Meditation and the practice of meditation-in-action can change the neural pathways in the brain

About the Speakers

Leonard Perlmutter, AMI Founder “The Mind Can Heal the Body” and “Who am I?”

Leonard is a noted philosopher and author of *The Heart and Science of Yoga®*. He is a direct disciple of Swami Rama—who, in laboratory conditions, demonstrated that blood pressure, heart rate and the autonomic nervous system can be voluntarily controlled. Leonard has presented courses at the M.D. Anderson Cancer Center, the U. S. Military Academy and The New York Times Yoga Forum with Dean Ornish MD.

Bernie Siegel, MD “The Healing Power of Love”

Bernie is an acclaimed mind/body medicine pioneer who has worked throughout his illustrious career to help patients heal. As an intuitive Yoga scientist and surgeon, Bernie embraces a philosophy of living and dying that stands as a beacon of clarity for today’s medical ethics and spiritual issues.

Beth Netter, MD, MT “Breath as Medicine” and Panel Discussion

Beth is a holistic physician and acupuncturist in Albany, NY. A graduate of the University at Buffalo’s School of Biomedical Sciences, she completed her residency in anesthesiology at Brigham and Women’s Hospital in Boston. Beth serves as Chair of AMI’s Department of Medical Education.

Mark Pettus, MD “Epigenomics/Inflammation/Allostatic Load” and Panel Discussion

Mark is a board-certified internist and nephrologist currently serving as Director of Medical Education and Population Health at Berkshire Health Systems, and Clinical Associate Professor of Medicine at UMass Medical School. Mark is the author of *The Savvy Patient* and *It’s All in Your Head*.

Susan Lord, MD “Food as Medicine” and Panel Discussion

Susan graduated from Case Western Reserve School of Medicine and is in private practice in Great Barrington, MA focusing on prevention and treatment through mindful living and lifestyle changes. She served as Director for the Food as Medicine program at the Center for Mind/Body Medicine 1996-2007.

Anthony Santilli, MD “Relieving Physician Burnout” and Panel Discussion

Tony received his medical degree from the University at Buffalo, having completed his fellowship at Weill Cornell University and his post graduate training at Brown University. He is board-certified in Pulmonary and Critical Care medicine and practices in Schenectady and Amsterdam NY.

Prashant Kaushik, MD Panel Discussion

Prashant received a Bachelors of Medicine & Surgery degree from the All India Institute of Medical Services. A board-certified Rheumatologist, Prashant serves as Lead Rheumatologist at the Albany VA Medical Center, Associate Professor, Dept. of Internal Medicine, Albany Medical College.



Sara Lazar, PhD “Neuroplasticity: The Effect of Meditation” and Panel Discussion

Sara is an instructor in the Department of Psychiatry at Harvard Medical School, and an Associate Researcher in the Psychiatry Department at Mass. General Hospital. A leading neuroscientist in the field, her team was the first to show how meditation and yoga influence brain structure and human behavior.

Mary Helen Holloway, AMI-MT “Meditation 101” and Panel Discussion

Mary is a graduate of Meditational Therapist Certification Program. Drawing upon an intuitive understanding of mind/body medicine, she currently teaches all levels of meditation courses, actively lectures to civic, medical and religious organizations, serves as Director of AMI’s Yoga of Medicine Program.

Jeness Cortez Perlmutter Panel Discussion

Jeness has studied Yoga Science and practiced meditation since 1977. She is the co-founder and faculty member of AMI and a direct disciple of Swami Rama of the Himalayas. She graduated from the Herron School of Art, and is a world-renowned artist.

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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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