

Leonard Perlmutter's 17th Annual Meditation and Yoga Retreat to be Held at The American Meditation Institute in Averill Park, New York

The [American Meditation Institute](#) (AMI) in Averill Park, New York will host Leonard Perlmutter's 17th annual [summer retreat](#) July 13-16, 2017. This CME accredited foundation course for self-care will present an extensive curriculum of Yoga Science as mind/body medicine including topics on AMI Meditation, stress and pain management, breathing, easy-gentle yoga, Ayurveda, Yoga psychology, immortality and nutrition.

AVERILL PARK, NY ([PRWEB](#)) March 14, 2017 -- The American Meditation Institute (AMI) in Averill Park, New York will host Leonard Perlmutter's 17th annual summer retreat July 13-16, 2017. This CME accredited foundation course for self-care will present an extensive curriculum of Yoga Science as mind/body medicine including topics on AMI Meditation, stress and pain management, breathing, easy-gentle yoga, Ayurveda, Yoga psychology, immortality and nutrition. The weekend intensive is designed for first-time or experienced meditators, and offers 18 continuing medical education credits for physicians, nurses and other healthcare professionals. Leonard Perlmutter (Ram Lev), AMI founder, noted educator and author of the award-winning book [The Heart and Science of Yoga: Empowering Self-Care Program for a Happy, Healthy, Joyful Life](#) will present all course components.

This intensive "Heart and Science of Yoga" retreat presents Leonard's comprehensive training in the world's most effective holistic mind/body medicine and explains its scientific foundation. Noted physicians Dr. Oz (Mehmet Oz MD), Dean Ornish MD, Bernie Siegel MD and Larry Dossey MD have endorsed the curriculum being offered. The American Medical Association and American Nurses Association provide [medical accreditation credits](#) for health care practitioners in attendance.

As part of AMI's "Yoga of Medicine" program, this weekend intensive will include the following areas of study: an easy meditation procedure; a systematic method for harnessing the power of the mind; breathing practices to enhance the immune system; an understanding of the creative benefits of mantra science; Ayurvedic health principles; easy-gentle yoga exercises for joints, glands and internal organs; and the benefits of contemplation and prayer. The entire agenda is designed to encourage active participant interaction by combining engaging lectures, practicums and Q&A in a concentrated three-day format. Leonard Perlmutter's 40 years of personal study and teaching will provide all attendees, regardless of the level of experience, a complete set of meditation tools that can relieve stress, reduce pain, boost the immune system, heal relationships, enhance problem solving abilities, and help them experience greater health, happiness, creativity and security.

Meditation master Leonard Perlmutter (Ram Lev) has taught on the faculties of the New England Institute of Ayurvedic Medicine, the Himalayan Yoga Teachers Association and the College of Saint Rose. He is a disciple of holistic health pioneer Swami Rama of the Himalayas, the Yoga scientist who, in laboratory conditions at the Menninger Institute, demonstrated that blood pressure, heart rate and the autonomic nervous system could be voluntarily controlled. Leonard has presented courses at the M.D. Anderson Cancer Center, the Albany Medical College, the Commonwealth Club of California, "The New York Times" Yoga Forum with Dean Ornish, MD, and the United States Military Academy at West Point.

According to Leonard Perlmutter, "Human beings are not merely physical bodies. We are breathing and



thinking beings also—living with complex thoughts, desires and emotions. Our individual achievement of optimal health does not begin with a lower health insurance premium. First and foremost, human wellness requires a reliable blueprint for mind/body self-care. With active and discriminating participation in our own health management, we can form a healing partnership with our physicians—and stop working against our own best interests.”

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.

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