

Leonard Perlmutter: AMI Meditation as Mind/Body Medicine Can Relieve and Prevent Physician Burnout

According to Leonard Perlmutter, founder of [The American Meditation Institute](#), the curriculum presented at AMI's ninth annual CME conference October 24-28, 2017 at the Cranwell Resort and Spa in Lenox, Massachusetts can help physicians relieve and prevent burnout. Entitled [The Heart and Science of Yoga](#) this comprehensive 30 credit hour training is accredited through the [Albany Medical College Office of Continuing Medical Education](#).

AVERILL PARK, NY ([PRWEB](#)) May 02, 2017 -- According to Leonard Perlmutter, founder of The American Meditation Institute, the curriculum presented at AMI's ninth annual CME conference October 24-28, 2017 at the Cranwell Resort and Spa in Lenox, Massachusetts can help physicians relieve and prevent burnout. Entitled "The Heart and Science of Yoga" this comprehensive 30 credit hour training is accredited through the Albany Medical College Office of Continuing Medical Education. In addition to a core Yoga Science curriculum including meditation, diaphragmatic breathing and gentle yoga exercises, three testimonial lectures will be presented by Tony Santilli MD, Beth Netter MD and Prashant Kaushik MD—each of whom has successfully used Yoga Science techniques to reduce and eliminate their own physicians burnout symptoms.

Coverys Risk Management, reporting on [Medscape's Lifestyle Report 2017: Race and Ethnicity, Bias and Burnout](#) reports that the overall burnout rate for physicians is now at 51 percent, an increase from 40 percent in 2013. The survey also found, "the highest percentages of burnout occurred among physicians practicing emergency medicine (59%), followed by ob/gyns (56%) and family physicians, internists, and infectious disease physicians (all at 55%)."

This year's American Meditation Institute "Heart and Science of Yoga" CME conference is dedicated to providing physicians a quality, comprehensive and evidence-based education that prevents and reverses the debilitating causes and effects of physician burnout. Lectures include mantra meditation, diaphragmatic breathing, easy-gentle yoga, Yoga psychology, meditation and neuroplasticity, PTSD, trauma, resilience, chakra system therapy, mind function optimization, epigenomics, Ayurveda, nutrition, functional medicine, and lymph system detoxification. According to previous conference attendee, board certified psychiatrist, Rebecca Aspden MD, "Since attending this retreat, my mind is open to a different way of seeing the world. I am looking forward to implementing what I learned in my own life and imparting this new knowledge and new perspective to my patients."

Each faculty member at this year's CME conference is committed to the advancement and training of Yoga Science as holistic mind/body medicine. Presenters will include program director [Leonard Perlmutter](#), AMI founder, 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; Prashant Kaushik MD, board-certified Rheumatologist; Sara Lazar PhD, instructor in the Department of Psychiatry at Harvard Medical School, and an Associate Researcher in the Psychiatry Department at Massachusetts General Hospital; 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; Gustavo Grodnitzky PhD, noted author and psychologist and Chair of The American Meditation Institute's Psychological Education Department; and Jenness Cortez Perlmutter, faculty member of The American Meditation Institute.

Noted physicians Mehmet Oz (Dr. Oz), Dean Ornish, Bernie Siegel and Larry Dossey have endorsed Mr. Perlmutter's "The Heart and Science of Yoga" treatise, which serves as the primary curriculum for the conference.

According to program director Leonard Perlmutter, "Now in its ninth year, this CME conference provides the only complete curriculum of the world's most ancient mind/body medicine. The more physicians incorporate the therapeutic practices of Yoga Science and AMI Meditation into their daily lives, most symptoms of stress related burnout and chronic complex diseases can be diminished or eliminated."

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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 bi-monthly journal of meditation as holistic mind/body medicine. Call 518.674.8714 for a mail or email subscription.

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