

Rediscover your Love of Medicine and Life!

10th Annual Conference for Physicians • Psychologists • PAs • NPs • RNs

Comprehensive Training in Yoga Science as
Holistic Mind/Body Medicine

A Unique Curriculum of Practical AMI MEDITATION Tools to Help:
Relieve Physician Burnout and Stress • Support the Treatment of Chronic Pain and Addiction
Promote Optimal Health and Resilience

32 CMEs
AMA PRA Category 1 Credits™

The Heart and Science of Yoga®

AMI MEDITATION • Mantra Science • Diaphragmatic Breathing • Yoga Psychology
Mind Function Optimization • Easy-Gentle Yoga • Lymph System Detox
Chakra System • Yoga Nidra • Ayurveda • Food as Medicine • Positional Therapy
Epigenomics • Trauma • PTSD • Resilience • Neuroplasticity • Mind/Body Research
AMI MEDITATION PRACTICES TO RELIEVE PHYSICIAN BURNOUT

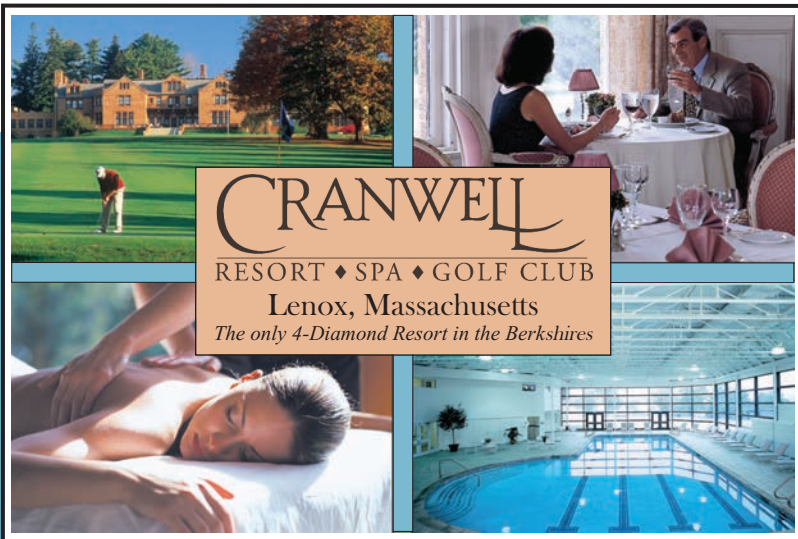


Yoga Science for Modern Life



Albany Medical College

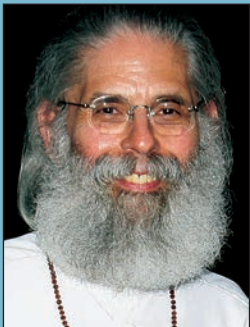
OCTOBER 23-27, 2018



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5 1/2
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**Please
Register
EARLY!**



Leonard Perlmutter AMI Founder



Susan Lord MD



Mark Pettus MD



Beth Netter MD



Joshua Zamer MD



Renee Goodemote MD



Tony Santilli MD



Anita Burock MD



Jesse Ritvo MD



Prashant Kaushik MD



G. Grodnitzky PhD



Jenness Perlmutter



Sat Bir Khalsa PhD



Lee Albert NMT

REGISTER ONLINE:  americanmeditation.org/cme • Tel. (518) 674-8714

Curriculum Endorsed by: Mehmet Oz MD, Dean Ornish MD, Larry Dossey MD and Bernie Siegel MD

CHANGE YOUR PERSPECTIVE—CHANGE YOUR EXPERIENCE

AMI's *Heart and Science of Yoga** program is uniquely designed to offer you a refreshingly new, clearer and kinder perspective on yourself and every personal and professional responsibility you face. Through engaging lectures by an accomplished faculty, instructive practicums and Q&A, you'll gain experiential knowledge that will integrate Yoga Science into a dynamic

self-care program. As a result of attending this year's conference, you'll return home with a set of practical tools that can empower you to make conscious, discriminating and reliable choices to enhance your creativity, well-being, happiness and success. Regardless of how challenging your circumstances might feel today, the science of Yoga can help.

COURSE COMPONENTS

YOGA SCIENCE

An educational body of knowledge for health and healing
History, philosophy, research and benefits of yoga and meditation
How to use the mind to make healthier choices
How to access the "super-conscious" mind
Understanding pain as an agent for healing
The transformative power of sacrifice
Increasing energy, will power and creativity
The power of desire and attention
Creative actions rather than reactionary responses
Antidotes for worry, stress and depression

AMI MEDITATION

Systematic procedure for AMI MEDITATION
How to diminish distractions
Training one-pointed attention for creativity
The one-minute meditation
Using AMI MEDITATION skills throughout the day
Mantra Science:
What are the world's great mantras?
How to use thoughts and mantra in the healing process
How the vibration of the mantra promotes health
Neuroplasticity as an effect of meditation

BREATHING

The meaning of *prana* (life force)
How breathing irregularities foster dis-ease
Diaphragmatic breathing for pulmonary health

Complete (three-part) yogic breath
Yoga postures for healthy breathing
Alternate nostril breathing for energy/psychological balance

EASY-GENTLE YOGA

Three sets of Easy-Gentle Yoga stretches for exercise and pain relief
Understanding the physiology/anatomy of Easy-Gentle Yoga

YOGA PSYCHOLOGY

Understanding the anatomy of your real being
How to help the mind function for optimal health
Managing thoughts, desires and emotions
How to experience freedom from fear
Optimizing the power of the present moment
Channeling the four primitive urges: Food, Sex, Sleep, Self-preservation
Yoga Nidra (conscious sleep): Advanced mind/body healing
Psychology of the Chakra System as a diagnostic tool
Alleviating burnout, trauma/PTSD and building resilience
Tools for building and healing relationships

MIND/BODY SELF-CARE PLAN

How to reduce burnout and achieve work/life balance in today's culture
Understanding Ayurveda as a science and as a diagnostic tool
Applying Epigenomics and lifestyle choices for health and wellness
How to keep your AMI MEDITATION practice going and working
How to introduce these practices to your patients
Food as Medicine (diet, nutrition, Functional Medicine)
How Yoga Science can help pain management and addiction recovery

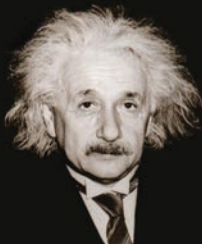
COURSE OBJECTIVES UPON COMPLETION, PARTICIPANTS WILL BE ABLE TO:

- Demonstrate knowledge of how Yoga Science as mind/body medicine can help heal disease, manage addictive habits, alleviate stress, inflammation and physician burnout
- Develop equanimity, discrimination, will power, creativity and energy through a daily practice of AMI MEDITATION and diaphragmatic breathing
- Incorporate long-term strategies for healthy lifestyle choices using Yoga Psychology
- Demonstrate knowledge of the principles of both Ayurveda and Epigenomics
- Identify yogic practices to transform trauma and increase resilience
- Utilize Food as Medicine (diet and nutrition) to maximize personal well being
- Demonstrate knowledge on the research and therapeutic modalities of yoga and meditation as mind/body medicine
- Recognize the physiological benefits of Easy-Gentle Yoga, and to identify and decrease chronic pain mechanisms for improved exercise, health and pain relief
- Help themselves and patients reduce conditioned habits of negative thinking and other symptoms of burnout through the healing powers of AMI MEDITATION and mantra science
- Use Chakra Psychology (subtle emotional/mental causes of stress) to diagnose and treat dis-ease
- Recognize how AMI MEDITATION and meditation-in-action change the neural pathways in the brain to help manage pain
- Identify altered pathways in the brain due to addiction and the ability of Yoga Science and AMI MEDITATION to assist brain chemistry and circuitry to heal and rebuild itself
- Use the tools of Yoga Science to create a personal and medical culture of health and wellbeing

"A problem cannot be solved on the level at which it appears.

It must be solved on a higher level."

ALBERT EINSTEIN



Relieving Physician Burnout!

You became a doctor because you care about people. You work hard and truly want to serve your patients and profession. But as a physician, you are subject to many stressors: overwork, cumbersome regulation, EMR and coding requirements, medical liability, on-call issues, lack of sleep, politics, and frustrations with the reimbursement structure.

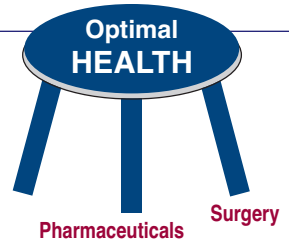
By practicing Yoga Science as mind/body medicine, you can transform stress into strength—improving your job satisfaction and work/life balance, while reducing burnout symptoms of anger, depression, anxiety and exhaustion.

SELF-CARE

is essential to YOUR WELLNESS

Herbert Benson, MD, Harvard Medical School, claims that maintaining good health is analogous to this three-legged stool.

Individual Self-Care
Such as
AMI's *Heart and Science of Yoga*[®]
Mind/Body Medicine program



An Effective Plan for YOU and your PATIENTS

In 2007, AMI conducted a retrospective case study of participants who completed Leonard Perlmutter's *Heart and Science of Yoga*[®] course. The findings included these positive, life-enhancing, health-promoting changes:

- Significant reductions in stress and fear
- Decreased anxiety and depression
- Lowered blood pressure
- Lowered heart rate
- Improved restorative sleep
- Improved energy levels
- Increased creative capacity
- Diminishment of migraine headaches
- Elimination of irritable bowel syndrome
- Enhanced happiness and optimism
- Reduced cholesterol levels
- Diminished or extinguished acute and chronic pain
- Weight loss
- Increased breathing capacity



COURSE SCHEDULE: 32 CMEs With Evidence-Based Case Studies

Tuesday, Oct 23

7:00am-9:00am
7:30am-9:00am
9:30am-10:30am
10:30am-11:00am
11:00am-12:00pm
12:15pm-1:30pm
1:30pm-2:30pm
2:30pm-3:00pm
3:00pm-4:00pm
4:00pm-4:15pm
4:15pm-5:15pm
5:30pm-6:30pm

Registration Olmsted Lobby
BREAKFAST – Music Room, Mansion
East Meets West, Susan Lord MD
BREAK/Yoga Exercises
Overview: Yoga Science, Leonard Perlmutter
LUNCH – Music Room, Mansion
Who Am I?, Leonard Perlmutter
BREAK
Introduction to AMI MEDITATION, Leonard Perlmutter
BREAK
AMI MEDITATION Practice, Leonard Perlmutter
DINNER – Music Room, Mansion

2:45pm-3:30pm
4:00pm-6:00pm
6:00pm-7:00pm
7:15pm-9:45pm

Friday, Oct 26

7:00am-7:30am
7:30am-8:30am
9:00am-9:30am
9:30am-10:30am
10:30am-10:45am
10:45am-11:15am
11:15am-12:00pm

Trauma / PTSD and Resilience, Jesse Ritvo, MD
Easy-Gentle Yoga I and II, Leonard Perlmutter
DINNER, Music Room, Mansion
Bonus: Movie & Discussion: Peaceful Warrior

Easy-Gentle Yoga I Review, Mary Holloway
BREAKFAST
Guided AMI MEDITATION, Leonard Perlmutter
Food as Medicine, Susan Lord MD
Yoga Exercises/BREAK
Relieving Physician Burnout, Tony Santilli MD
Meditation-in-Action panel: B. Netter MD, P. Kaushik MD, R. Goodemote MD, G. Grodnitzky PhD, A. Burock-Stotts MD, T. Santilli MD, K. Kaelber MD, L. Perlmutter
LUNCH – Music Room, Mansion
Guided Nadi Shodhana Practice, Leonard Perlmutter
Ayurveda: The Science of Life, Leonard Perlmutter
Japa Practice/BREAK
Epigenomics/Inflammation, Mark Pettus MD
BREAK/Yoga Exercises
An Holistic Model for Pain Management & Addiction Recovery
Renee Rodriguez Goodemote MD, Joshua Zamer MD

Wednesday, Oct 24

7:30am-8:30am
9:00am-9:30am
9:30am-10:30am
10:30am-10:45am
10:45am-11:45am
12:00pm-1:00pm
1:30pm-2:00pm
2:00pm-3:30pm
3:30pm-3:45pm
3:45pm-4:45pm
4:45pm-5:15pm
5:30pm-6:30pm

BREAKFAST – Music Room, Mansion
Guided AMI MEDITATION, Leonard Perlmutter
Breath as Medicine, Beth Netter MD
Mantra (Japa) Practice
Breathing Practices, Leonard Perlmutter
LUNCH – Music Room, Mansion
Guided AMI MEDITATION, Leonard Perlmutter
Yoga for Pain Relief, Lee Albert NMT
BREAK
Yoga Nidra, Leonard Perlmutter
Nadi Shodhana & Guided AMI MEDITATION, Leonard Perlmutter
DINNER – Music Room, Mansion

12:00pm-1:00pm
1:30pm-2:00pm
2:00pm-3:00pm
3:00pm-3:15pm
3:15pm-4:45pm
4:45pm-5:00pm
5:00pm-6:00pm

FREE EVENING

Saturday, Oct 27

6:30am-7:00am
7:00am-8:00am
8:30am-9:00am
9:00am-10:30am
10:30am-11:00am
11:00am-12:30pm
12:30pm-1:00pm
1:00pm-1:30pm
1:30pm

Easy-Gentle Yoga II Review, Mary Holloway
BREAKFAST – Music Room, Mansion
Guided AMI MEDITATION, Leonard Perlmutter
Chakra Psychology, Leonard & Jenness Perlmutter
BREAK/Paperwork/Hotel Checkout
Contemplation and Prayer, Leonard Perlmutter
Relieving Physician Burnout, Beth Netter MD
Closing *Nadi Shodhana* and Guided AMI MEDITATION
BOX LUNCHES TO GO

Thursday, Oct 25

7:00am-8:00am
8:30am-8:45am
8:45am-10:15am
10:15am-10:45am
10:45am-11:45am
12:00pm-1:00pm
1:30pm-1:45pm
1:45pm-2:30pm
2:30pm-2:45pm

BREAKFAST – Music Room, Mansion
Guided AMI MEDITATION, Leonard Perlmutter
Yoga Psychology, Leonard Perlmutter
Guided *Nadi Shodhana* Practice/BREAK
Yoga: Mind/Body Connection & Research, Sat Bir Khalsa PhD
LUNCH – Music Room, Mansion
Guided Breath Meditation/Mantra Practice
Culture Trumps Everything, Gustavo Grodnitzky PhD
BREAK

WEAR COMFORTABLE ATTIRE
YOGA MATS WILL NOT BE NECESSARY.



AMI FACULTY SPEAKERS

Leonard Perlmutter AMI Founder *Yoga Science & Ayurveda Core Curriculum*

Leonard is the founder and director of The American Meditation Institute, a noted educator, philosopher, and author of both the award-winning *The Heart and Science of Yoga*® and the mind/body medicine journal *Transformation*. Leonard has served 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 direct disciple of Swami Rama—who, in laboratory conditions at the Menninger Institute, 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, Albany Medical College, the Commonwealth Club of California, the U. S. Military Academy at West Point and *The New York Times* Yoga Forum with Dean Ornish MD.



Mark Pettus MD *Epigenomics/Inflammation/Allostatic Load*

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*.



Beth Netter MD *Breath as Medicine & Relieving Burnout*

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



Susan Lord MD *East Meets West and Food as Medicine*

Susan graduated from Case Western 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 Course Director for the *Food as Medicine* program at the Center for Mind/Body Medicine from 1996-2007.



Sat Bir S. Khalsa PhD *Yoga's Mind/Body Connection-Research*

Sat Bir is Director of Research, Kundalini Research Institute, and Assistant Professor of Medicine at Harvard Medical School. He coordinates the Symposium on Yoga Research, is editor of the *Int'l Journal of Yoga Therapy*, author of *Your Brain on Yoga*, and editor of *Principles & Practice of Yoga in Health Care*.



Jesse Ritvo MD *Alleviating Trauma/PTSD & Building Resilience*

Jesse graduated from Harvard College and received his medical degree from the Brown-Dartmouth Medical Program. Jesse is assistant medical director of inpatient psychiatry at the University of Vermont Health Center-Central Vermont Medical Center, as well as an assistant professor of medicine at UVM.



Anthony Santilli MD *Relieving Physician Burnout*

Tony received his medical degree from the University at Buffalo, having completed his fellowship at Weill Cornell University and post graduate training at Brown. He is board-certified in Pulmonary and Critical Care medicine in Schenectady and Amsterdam NY, and is a member of AMI's Department of Medical Education.



Renee Goodemote MD *Pain Management & Addiction Recovery*

Renee is medical director, Saratoga Hospital Community Health Center. She served as chair of the Department of Family Medicine and President of the Medical Staff. She is board certified in Family Medicine, offering Yoga Science to her patients in the form of a nutrition Rx and complementary pain management program.



Jeness Cortez Perlmutter *Psychology of the Chakra System*

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



Gustavo Grodnitzky PhD *Culture Trumps Everything*

Gustavo is a noted psychologist and author. After receiving his Ph.D. in clinical and school psychology from Hofstra University, he completed post-doctorate degrees in both cognitive therapy and forensic psychology. He serves as Chair of American Meditation Institute's Psychological Education Department.



Joshua Zamer MD *Pain Management & Addiction Recovery*

Joshua is medical director for Addiction Medicine, Saratoga Hospital Community Health Center and Department of Family Practice chair. He is board certified in Family and Addiction Medicine, and previously served at the St. Peter's Addiction Recovery Center (SPARC) Inpatient Detox Unit and Outpatient Clinic.



Anita Burock-Stotts MD *Meditation-in-Action Panel*

Anita is board certified in Internal Medicine and currently practices Functional Medicine in Guilderland, NY. She graduated from Penn State (Phi Beta Kappa) and the Medical College of Pennsylvania (Alpha Omega Alpha), and is a member of AMI's Department of Medical Education.



Prashant Kaushik MD *Meditation-in-Action Panel*

Prashant received Bachelors of Medicine & Surgery degrees from All India Institute of Medical Services. A board-certified, lead Rheumatologist at the Albany VA Medical Center, he is Associate Professor, Dept. of Internal Medicine, Albany Medical College, and a member of the AMI Department of Medical Education.



Lee Albert NMT *Positional Therapy for Chronic Pain Relief*

Lee is a neuromuscular therapist and certified yoga instructor. He created, practices and teaches Integrated Positional Therapy—yogic protocols to reduce and often eliminate chronic pain. Lee is the author of *Yoga for Pain Relief: A New Approach to an Ancient Practice* and *Live Pain Free without Drugs or Surgery*.



“Wonderful conference! Anyone who has an open mind will benefit from this new, refreshing way to look at life. If we shift our perspective, we can transform draining experiences at work and home into teaching points for our own spirituality and growth.”

Negean Afifi DO, Emergency Medicine, California

REGISTRATION INFORMATION

Payment may be made by check or credit card (Visa, MasterCard, American Express or Discover). The registration fee includes all meals, a paperback and eBook copy of Leonard Perlmutter's *The Heart and Science of Yoga*®, *The Physiology of Yoga with Clinical Studies*, a guided meditation CD, and a FREE copy of Leonard's 5 1/2 hour online video course, *Comprehensive Meditation and Easy-Gentle Yoga*.

ONLINE:  americanmeditation.org/cme (with credit card).

PHONE: (518) 674-8714 — Please have a credit card available

MAIL: American Meditation Institute, 60 Garner Road, Averill Park, NY 12018

FAX: Fax the registration form with credit card information to (518) 674-8714

| | |
|--|--|
| Physicians _____ | \$2,295 On or before October 1, 2018 \$2,495 After October 1, 2018 |
| Residents/Fellows/PAs/NPs _____ | \$2,095 On or before October 1, 2018 \$2,295 After October 1, 2018 |
| Registered Nurses, Psychologists and Guests of Registered Attendees** _____ | \$1,595 On or before October 1, 2018 \$1,795 After October 1, 2018 |

** Including employees, spouse or partner

REFUND POLICY

A written cancellation must be received by Monday, October 1, 2018 for a refund to be granted. No refunds will be given after this date. A \$250 administrative fee will be deducted from all refunds.

ACCOMMODATIONS/DIRECTIONS

Room reservations must be made by contacting the **Cranwell Resort at (800) 272-6935**. When making your reservation, please mention **The American Meditation Institute to receive a reduced room rate of \$175 per night (this price rate is guaranteed until October 1, 2018)**. Directions to the Cranwell Resort (55 Lee Road, Lenox, MA) are on the Cranwell website at: www.cranwell.com.

GOURMET VEGETARIAN CUISINE

During the conference attendees will be served delicious gourmet vegetarian meals thoughtfully prepared by the Cranwell's 4-Diamond rated chefs. If you have special needs or dietary restrictions, please contact AMI at (518) 674-8714 by October 1, 2018.

ROOMMATE MATCHING

If you'll be traveling alone and would like to minimize expenses by asking a person to share accommodations, please email to be added to the *Roommate Matching List*. The list will then be sent to you so you may contact others to make arrangements. elaine@americanmeditation.org

CAN'T ATTEND THIS YEAR? JOIN OUR MAILING LIST. americanmeditation.org/CME-INFO

U.S. PHYSICIAN ACCREDITATION (32 CMEs)

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of Albany Medical College and The American Meditation Institute. Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Albany Medical College designates this Live activity for a maximum of 32 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSING CONTINUING EDUCATION (32 Contact Hours)

This continuing nursing education activity was approved by the American Nurses Association Massachusetts (ANA MASS), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

CANADIAN PHYSICIAN ACCREDITATION (32 CMEs)

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities. Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credits*™ to an equivalent number of European CME Credits® (ECMECs®). In-formation on the process of converting *AMA PRA Category 1 Credits*™ to ECMECs® can be found at: www.eaccme.eu.

PSYCHOLOGIST CONTINUING EDUCATION (32 CE Hours)

The American Meditation Institute (AMI) has applied to the American Psychological Association to sponsor continuing education for psychologists. AMI maintains responsibility for this program and its content. This course offers 32 CE hours. For a complete list of educational objectives, call (518) 674-8714.

AMI MEDITATION STUDY Draws Participants from *Heart and Science of Yoga*® Conference

The American Meditation Institute has recently received IRB (Institutional Review Board) approval through the Berkshire Medical Center to conduct a research study to examine the impact of a basic, daily mantra-based AMI MEDITATION practice on the symptoms of burnout, compassion fatigue and stress in healthcare providers. The participants in this ongoing study are among those who receive their training in

Yoga Science as holistic mind/body medicine at AMI's annual *Heart and Science of Yoga*® CME conference. The principal investigator of the study is Mark Pettus MD. According to co-principal investigator Beth Netter MD, "This study will evaluate how a daily AMI MEDITATION practice can help healthcare professionals experience a happier, healthier life, relief from burnout symptoms and an enhanced work/life balance."

REGISTRATION FORM

PLEASE ENROLL ME: *The Heart and Science of Yoga*® (OCT. 23-27, 2018)

MAIL TO: American Meditation Institute, 60 Garner Road, Averill Park, NY 12018

Tel. and Fax (518) 674-8714 • www.americanmeditation.org • ami@americanmeditation.org

Checks and money orders are payable to American Meditation Institute (or AMI). A receipt will be mailed to you.

REGISTER ONLINE:  americanmeditation.org/cme

Use this brochure code online: **CME 2 1**

NAME _____

CHECK ONE

Physician Resident Fellow PA NP RN Psychologist Guest of attendee

CME TRACKING NUMBER _____
month of birth - day of birth - first four letters of your first name

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____

PLEASE CHECK ONE

Check Visa MasterCard American Express Discover

CARD NO. _____ EXP. DATE _____

SIGNATURE _____ VER. CODE _____

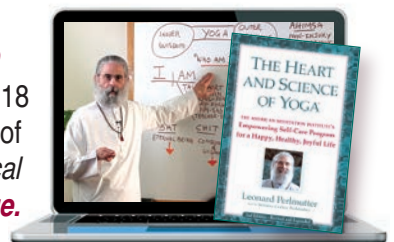
TEL. (Work) _____ TEL. (Home) _____

CELL PHONE _____

SPECIAL NEEDS: Delicious gourmet vegetarian meals will be served. If you have special needs/dietary restrictions, contact AMI at (518) 674-8714 by October 1, 2018.

FREE TO ATTENDEES: 5 1/2 Hour Online Video Course

Leonard Perlmutter's same core curriculum presented at AMI's 2018 CME conference. You'll also receive a paperback and eBook copies of *The Heart and Science of Yoga*,[®] *The Physiology of Yoga (with Clinical Studies)*, and a 20 minute guided AMI MEDITATION CD. **A \$341 value.**



TARGET AUDIENCE:

Healthcare professionals who are interested in learning how Yoga Science can relieve and prevent burnout, and/or who provide direct patient care or education in areas of self-care, lifestyle choices, and mind/body medicine.

PROFESSIONAL ENDORSEMENTS

PHYSICIAN ATTENDEES FROM 2014-2017

**100% of last year's attendees
evaluated "The Heart and Science of Yoga®" conference
as "Superior" to other CME courses.**

1. "This course was life changing. The knowledge, expertise and compassion of the faculty introduced to me a practice and philosophy fundamentally different from the way allopathic medicine views the mind and body."

Steven Lee MD, Orthopedics, NYC

2. "Life changing! Everyone in every facet of life should experience this. I'm so grateful for you and your institution and all involved for bringing truth to doctors with love and compassion. This is a light the world needs to see."

Pamela Shervanick MD, Psychiatry, RI

3. "This was the best CME course I ever attended. It gave me a strong foundation to help patients mindfully improve their lives. I learned powerful and practical skills to use for my greater good."

Vi Quach MD, Internal Medicine, NYC

4. "This has been an excellent conference. I appreciate being able to obtain CME credits for self-care that empowers patient care."

Michael Stephens MD, Family Med, NC

5. "This was a fantastic, informative course! It was a great balance of theory and science for practical use. It gave me the opportunity to see how I can incorporate what I learned in my own life and with my patients."

Renee Gootemote MD, Family Med, NY

6. "This is the only CME course I've ever attended that reminds me that in order to be a better doctor I need to take care of myself."

Karenga Lemmons MD, Internal Med, DC

7. "This conference was very helpful for burnt-out physicians who need healing. It was an excellent program."

Melinda Darling MD, Pediatrician, MD

8. "I would give this course a five star rating, due to the uniqueness of the material, comprehensive curriculum and quality of the speakers."

Celeste Chace NP, Pediatrics, MA

9. "This has given me a new perspective on life, connections with like-minded professionals. Everybody should attend, and the food was great and plentiful."

Stacey Pristelski MD, Family Medicine, WI

10. "This course has given me a new and better outlook on life, and the tools to make it stick."

Farhana Riaz MD, Pediatric Radiologist, MA

11. "Amazing conference! Life altering. The flow of the lectures built on each other and everything was pulled together beautifully."

Colleen Opremcak MD, Psychiatrist, OH

12. "A masterfully designed course! I came away with actionable knowledge and practice to begin my own journey into meditation and yoga."

Faith Holmes MD, Palliative Medicine, TX





AMERICAN MEDITATION INSTITUTE

Yoga Science for Modern Life

501(c)3 Educational Organization
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americanmeditation.org/cme



The Heart and Science of Yoga[®], which forms the basis of AMI's Holistic Mind/Body Medicine curriculum, is endorsed by:

**DR OZ (MEHMET OZ MD), DEAN ORNISH MD
LARRY DOSSEY MD, BERNIE SIEGEL MD**



"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."

JOEL M. KREMER, MD

Board Certified in Internal Medicine and Rheumatology, Albany, NY