

# Rediscover your Love of Medicine & Life!

## Comprehensive Training in Yoga Science as Holistic Mind/Body Medicine

### 31 CMEs

11th Annual Conference for Physicians • PAs • NPs • RNs

Learn 36 proven tools to relieve burnout, enhance creativity, and find fulfillment at home and in today's medical culture

## 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 • Epigenetics • Resilience • Neuroplasticity  
Mind/Body Research • Positional Therapy



Brining Yoga Science to Life



Albany Medical College

### OCTOBER 22-26, 2019

5 1/2  
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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, wellbeing, 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 and building resilience  
Tools for building and healing relationships

#### MIND/BODY SELF-CARE PLAN

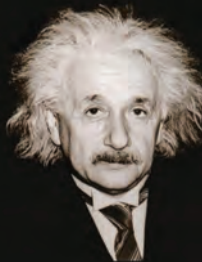
How to reduce burnout and achieve work/life balance in today's culture  
Understanding Ayurveda as a science and as a diagnostic tool  
Applying Epigenetics and lifestyle choices for health and wellness  
How to keep your AMI MEDITATION practice going and working  
How to introduce these practices to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

### 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 with a daily practice of AMI MEDITATION & diaphragmatic breathing
- Incorporate long-term strategies for healthy lifestyle choices using Yoga Psychology
- Demonstrate knowledge of the principles of both Ayurveda and Epigenetics
- Utilize Yoga Science practices to transform trauma and increase resilience
- Utilize Food as Medicine to maximize personal wellbeing
- Demonstrate knowledge on the research and therapeutic modalities of yoga and meditation as mind/body medicine
- Reimagine a medical practice that incorporates Yoga Science tools
- Recognize the physiological benefits of Easy-Gentle Yoga, and identify and disable chronic pain mechanisms for improved exercise, health and pain relief
- Help themselves and their 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 assist in diagnosing and treating dis-ease
- Recognize how AMI MEDITATION and meditation-in-action change neural pathways in the brain to help manage pain and increase creativity
- Identify altered pathways in the brain due to stress or trauma, and recognize the capacity 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 your profession. But as a physician, you are subject to many stressors: overwork, cumbersome regulations, EMR and coding requirements, medical liability, on-call issues, lack of sleep, politics, and frustrations with the reimbursement structure.

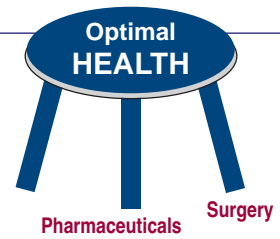
**By practicing Yoga Science as mind/body medicine, you can transform stress into strength—improving your job satisfaction and work/life balance, while reducing burnout symptoms of anger, depression, anxiety and exhaustion.**

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



## COURSE SCHEDULE: 31 CMEs With Evidence-Based Case Studies

### Monday, Oct 21

6:00pm-7:30pm

Registration Olmsted Business Office

### Tuesday, Oct 22

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

Registration Olmsted Business Office  
BREAKFAST – Music Room, Mansion  
Welcome and Introductions, Ballroom, Mary Holloway  
*Overview: Yoga Science*, Leonard Perlmutter  
BREAK/Yoga Stretches  
*Changing Your Perspective*, Leonard Perlmutter  
LUNCH – Music Room, Mansion  
*Meditation-in-Action*, Leonard Perlmutter  
*Easy-Gentle Yoga I and II*, Leonard Perlmutter (Berkshire Room)  
**FREE TIME**  
DINNER – Music Room, Mansion

### Wednesday, Oct 23

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

BREAKFAST – Music Room, Mansion  
*Introduction to AMI MEDITATION*, Leonard Perlmutter  
BREAK/Easy-Gentle Yoga I Exercises  
*Guided AMI MEDITATION Practice*, Leonard Perlmutter  
*Food as Medicine*, Susan Lord MD  
LUNCH – Music Room, Mansion  
*Guided AMI MEDITATION*, Leonard Perlmutter  
*Yogic Diaphragmatic Breathing & Practices*, Leonard Perlmutter  
BREAK  
*Nadi Shodhana & AMI MEDITATION*, Leonard Perlmutter  
*Yoga: Mind/Body Connection & Research*, Sat Bir S. Khalsa PhD  
DINNER – Music Room, Mansion

### Thursday, Oct 24

7:30am-8:30am  
9:00am-9:30am  
9:30am-10:30am  
10:30am-11:00am  
11:00am-12:00pm  
12:00pm-1:00pm  
1:30pm-4:45pm

BREAKFAST – Music Room, Mansion  
*Nadi Shodhana & AMI MEDITATION*, Leonard Perlmutter  
*Yoga Nidra*, Leonard Perlmutter  
BREAK/Easy-Gentle Yoga II  
*Culture Trumps Everything*, Gustavo Grodnitzky PhD  
LUNCH – Music Room, Mansion  
*Guided Breath Meditation*, Leonard Perlmutter

1:45pm-3:15pm  
3:15pm-3:30pm  
3:30pm-4:30pm

*Yoga Psychology*, Leonard Perlmutter  
BREAK/Easy-Gentle Yoga I  
*Reimagining Medicine*: R. Goodemote MD, J. Zamer MD; J. Ritvo MD; T. Santilli MD; A. Burock MD, J. Pardo MD, K. Kaelber MD  
**FREE TIME**

4:30pm-6:00pm  
6:00pm-7:00pm  
7:00pm-9:30pm

DINNER – Music Room, Mansion  
*Peaceful Warrior Movie: Meditation-in-Action/Discussion*

### Friday, Oct 25

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

BREAKFAST – Music Room, Mansion  
*Nadi Shodhana & AMI MEDITATION*, Leonard Perlmutter  
*Ayurveda: The Science of Life*, Leonard Perlmutter  
BREAK/Easy-Gentle Yoga I  
*Relieving Physician Burnout*, Tony Santilli MD  
*Meditation-in-Action* panel: R. Goodemote MD, A. Burock MD, G. Grodnitzky PhD, T. Santilli MD, K. Kaelber MD, L. Perlmutter  
LUNCH – Music Room, Mansion  
*Guided Breath Meditation*, Leonard Perlmutter  
*Epigenetics/Meditation/Choices*, Robert Schneider MD  
BREAK/Easy-Gentle Yoga II  
*Chakra Psychology*, Leonard & Jenness Perlmutter  
DINNER – Music Room, Mansion  
**ALUMNI DINNER – Birchwood Room, Mansion**

12:30pm-1:30pm  
2:00pm-2:15pm  
2:15pm-3:45pm  
3:45pm-4:15pm  
4:15pm-5:30pm  
5:45pm-6:45pm  
5:45pm-7:15pm

BREAKFAST – Music Room, Mansion  
*Nadi Shodhana & AMI MEDITATION*, Leonard Perlmutter  
*Contemplation, Repentance & Prayer*, Leonard Perlmutter  
BREAK/Closing Paperwork/Hotel Checkout  
*Yoga for Pain Relief*, Lee Albert NMT  
1:00pm-1:30pm  
1:30pm

### Saturday, Oct 26

7:30am-8:30am  
9:00am-9:30am  
9:30am-11:00am  
11:00am-11:30am  
11:30am-1:00pm  
1:00pm-1:30pm  
1:30pm

**WEAR COMFORTABLE ATTIRE**  
YOGA MATS WILL NOT BE NECESSARY.

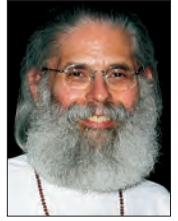


**ATTENDEES FROM AMI'S 2018 CONFERENCE**

# 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 book *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, Kaiser Permanente, 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.



## 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*.



## Robert Schneider MD *Epigenetics/Meditation/Lifestyle Choices*

Robert is Dean of the College of Integrative Medicine and Director of the Institute for Natural Medicine and Prevention at Maharishi University. He is an internationally recognized physician-scientist-educator in evidence-based Integrative Medicine, and author of *Total Heart Health*.



## Renee Goodemote MD *Reimagining Medicine, Meditation-in-Action*

Renee is medical director, Saratoga Hospital Community Health Center. 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. Renee currently serves as Co-Chair of AMI's Department of Medical Education.



## Anthony Santilli MD *Relieving Burnout, Reimagining Medicine*

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 Co-Chair of AMI's Department of Medical Education.



## Jesse Ritvo MD *Reimagining Medicine*

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.



## Joshua Zamer MD *Reimagining Medicine*

Joshua is medical director for Addiction Medicine at the Saratoga Hospital Community Health Center. 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.



## Susan Lord MD *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.



## Jenness Cortez Perlmutter *Psychology of the Chakra System*

Jenness 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.



## Kristin Kaelber MD PhD *Reimagining Medicine, Meditation-in-Action*

Kristin graduated from Case Western Reserve University School of Medicine, and is board certified in Internal Medicine and Pediatrics in Cleveland, Ohio. She serves as a member of the AMI Department of Medical Education, and has been practicing Yoga Science as Holistic Mind/Body Medicine since 2015.



## Anita Burock MD *Reimagining Medicine, Meditation-in-Action*

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.



## Janine Pardo MD *Reimagining Medicine*

Janine graduated from the University of Louisville School of Medicine, and is a Board Certified Internist emphasizing Preventive Care. She is the founder of the Weston Internal Medicine and Wellness Center in Weston, MA. Since 2015 she has been incorporating Yoga Science into her life and medical practice.



## 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*.



**SPECIAL ALUMNI DINNER (for returning attendees)**  
On Friday, October 25th from 5:45-7:15pm all students who have previously attended this conference will be hosted by Renee Goodemote and Tony Santilli, Co-Chairs of AMI's Medical Education Department. The group will discuss integrating the AMI curriculum into your medical practice and homelife.

**Connect with other medical colleagues, and rediscover your love of medicine and life with our dedicated faculty.**

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](http://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, 2019**  
\$2,495 After October 1, 2019

**Residents/Fellows/PAs/NPs** \_\_\_\_\_ **\$2,095 On or before October 1, 2019**  
\$2,295 After October 1, 2019

**Registered Nurses, Psychologists and  
Guests of Registered Attendees\*\*** — **\$1,595 On or before October 1, 2019**

**\*\* Including employees, spouse or partner** \$1,795 After October 1, 2019

#### REFUND POLICY

A written cancellation must be received by Monday, October 1, 2019 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 \$244/night guaranteed until Oct. 1, 2019. This price includes access to all spa services. Directions to the Cranwell Resort (55 Lee Road, Lenox, MA) are available at: [www.cranwell.com](http://www.cranwell.com).

#### GOURMET VEGETARIAN CUISINE

During the conference attendees will be served delicious gourmet, plant-based, 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, 2019.

#### 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](mailto:elaine@americanmeditation.org)

**CAN'T ATTEND THIS YEAR? JOIN OUR MAILING LIST.**  
[americanmeditation.org/CME-INFO](http://americanmeditation.org/CME-INFO)

#### U.S. PHYSICIAN ACCREDITATION (31 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 31 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### NURSING CONTINUING EDUCATION (31 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 (31 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®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at: [www.eaccme.eu](http://www.eaccme.eu).

#### TESTIMONIAL

"Wonderful conference! Anyone with 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

#### 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. 22-26, 2019)**

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

Tel. and Fax (518) 674-8714 • [www.americanmeditation.org](http://www.americanmeditation.org) • [ami@americanmeditation.org](mailto: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](http://americanmeditation.org/cme)

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

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 \_\_\_\_\_

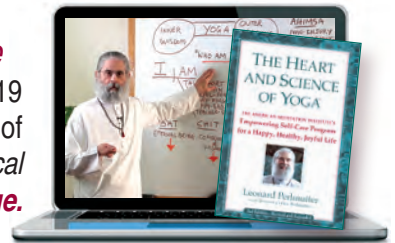
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TEL. (Work) \_\_\_\_\_ TEL. (Home) \_\_\_\_\_

CELL PHONE \_\_\_\_\_

**SPECIAL NEEDS:** Delicious gourmet vegetarian meals will be served. If you have special needs or dietary restrictions, contact AMI at (518) 674-8714 by October 1, 2019.

**FREE TO ATTENDEES:** *5 1/2 Hour Online Video Course*  
Leonard Perlmutter's same core curriculum presented at AMI's 2019 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 2015-2018

**95% 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 conference was beyond all my expectations. I can't thank you enough."

Jane Harris DO, MI

6. "This comprehensive course should be part of all medical (and life) training. Now I have the tools to help make real change."

Willa Delliere MD, Family Medicine, NY

7. "It has been transformational, inspiring and self-empowering. I highly recommend this conference for every healthcare practitioner."

Keyvan Hariri MD, Family Medicine, CA

8. "This was probably the best CME course I've ever attended. It provided useful information and practices that I can share with others, and taught me how to focus on my own health and well-being."

Claudia Coplein DO, CT

9. "Yoga Science has transformed my life, and I've returned annually because it's so restorative. The discussions with peers were inspiring, and I recommend this course for everyone without reservation."

Kristin Kaelber MD, Internal Medicine, OH

10. "Excellent information that was beautifully and lovingly presented. I am hoping to return next year."

Cynthia Terry MD, NY

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

Colleen Opremcak MD, Psychiatry, 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  
60 Garner Road, Averill Park, NY 12018 • Tel. (518) 674-8714



[americanmeditation.org/cme](http://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**