Albany Medical College
Office of Continuing Medical Education
CME Activity Data Form

Title of Program: **"2023 AMI Online Video Course Comprehensive Meditation and Easy Gentle Yoga"**

Date: 1/1 – 12/31/2023 Location: Online Video

Contact Person: Elaine Peterson Phone Number: (518) 674-8714 E-mail: elaine@americanmeditation.org

Learning Objectives: At the conclusion of the program the participant will be able to:

Discuss history of Yoga Science and Meditation. Interpret/discuss characteristics of Self - body, mind and spirit Apply knowledge to make critical choices in critical situations Share practical methodology for meditation with his/her patients Demonstrate how the use of mantra in meditation and daily life helps in the healing process (for themselves and their patients) Observe interrelatedness between breath and mind Demonstrate how breath effects physical, mental and emotional well-being Identify and demonstrate how the mind functions optimally to alleviate stress and physical, mental and emotional disease Discuss benefits of Easy Gentle Yoga exercises to improve mental and physical health Discuss practical nutritional and lifestyle guidelines to be used personally and professionally Analyze strategies for detaching oneself from harmful mental habits using yoga practices of meditation-in-action, contemplation and discrimination Incorporate course into daily life - personally and professionally

Faculty/Planning Committee Disclosure

Albany Medical College endorses the standards of the Accreditation Council for Continuing Medical Education (ACCME) and the guidelines of the Association of American Medical Colleges (AAMC) that the sponsors of continuing medical education activities, speakers and **planning committee members** of these activities disclose relationships with ineligible companies. An ineligible company is any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Relationships include but are not limited to receiving from an ineligible company: research grants, consultancies, honoraria and travel, or other benefits or have a self-managed equity interest in a company.
Albany Medical College has implemented a mechanism to identify and resolve all conflicts of interest prior to the educational activity being delivered to learners.
Disclosure of a relationship is not intended to suggest or condone bias in any presentation, but is made to provide participants with information that might be of potential importance to their evaluation of a presentation.

The following Speakers and Planning Committee Members have no financial relationships to Disclose: Leonard Perlmutter, Kristin Kaelber, Renee Rodriguez-Goodemote, Anthony Santilli and Jennifer Price

All relevant financial relationships have been mitigated.

The information being presented will be scientifically valid. The content of the presentations will promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest. All presentations will give a balanced view of therapeutic options. ■ Yes ☐ No

Will off-label investigational use of a product be discussed? ☐ Yes ■ No

If yes, please list: Who will be responsible for monitoring this? Name: Leonard Perlmutter

Commercial Support

■ This activity has not received commercial support.

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 AMI. 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 Enduring Material activity for a maximum of 11 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.