

12th Annual Heart & Science of Yoga® CME Conference for Physicians, PAs & NPs



The Time for Change is Now!

The **ONLY** Comprehensive Training in Yoga Science as Holistic
Mind/Body Medicine Proven in a Peer-Reviewed Study to **REDUCE BURNOUT!**



Hybrid Event: Participate In-Person or Live-Virtual
OCTOBER 17-21 • 32 CMEs (34 for Alumni)

REDUCED
Burnout
↓ 23.3%

REDUCED
Secondary
Traumatic Stress
↓ 19.9%

INCREASED
Compassion
Satisfaction
↑ 11.2%

New Findings from the AMI MEDITATION® CLINICAL STUDY

Participants in this clinical study were all graduates of previous AMI Medical Conferences

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



An Important Message from Mark Pettus MD

Lead Author of the AMI MEDITATION Study and Conference Presenter

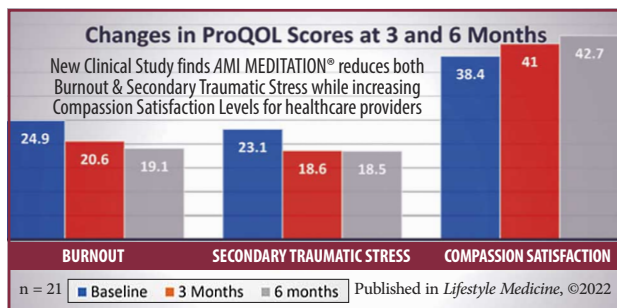
"As a participant and longstanding faculty member of The American Meditation Institute's CME-accredited annual Heart and Science of Yoga® Physicians Conference, I have experienced, first-hand, the elegance of the teachings, the power of the science, and the possibility to transform a trajectory of life truly limitless. It is this beautiful nexus of science and spirituality where the "magic" manifests. We are SO much more than we perceive ourselves to be! Our perceptions and patterns of thinking, feeling and behaving are so much more malleable and amenable to deeper alignment than modern life would suggest possible! The peer-reviewers at Lifestyle Medicine, THE premiere international publication of applied lifestyle medicine, welcomed our study with great enthusiasm. This AMI Meditation Study adds to a growing body of clinical research supporting the effectiveness of regular stress-reduction practices, leveraging the many AMI MEDITATION® tools for more effective adaptation of the stress response. I believe many will be inspired by its findings."

Scan this QR CODE

To read the AMI Meditation Study
and to view the Study Video



Compelling and Noteworthy Feedback from the AMI MEDITATION Study Participants



"I never feel rage come up anymore as it did when not focused on self-care." • "My practice feels more sustainable and rewarding." • "I feel calmer and more compassionate." • "Greater empathy." • "Less reactive and more grounded." • "Calmer, better blood pressure, off medications and off low dose Lexapro." • "I feel more myself: more grounded, content, less reactive, improved energy." • "I'm sleeping better. I feel better equipped to deal with the stress of COVID-19."

CONFERENCE SCHEDULE: 32 CMEs (34 for Alumni)

THE ONLY COMPREHENSIVE CURRICULUM OF YOGA SCIENCE PROVEN IN A CLINICAL STUDY TO REDUCE STRESS AND BURNOUT

Monday, Oct 16

6:00pm-7:30pm

Registration

Tuesday, Oct 17

8:00am-1:30pm

Registration

12:00pm-1:00pm

LUNCH

1:30pm-1:45pm

Welcome and Introductions, Renee Goodemote

1:45pm-2:45pm

Overview: *Yoga Science*, Leonard Perlmutter

2:45pm-3:15pm

BREAK/Yoga Stretches

3:15pm-4:15pm

Who am I? Changing Your Perspective, Leonard Perlmutter

4:15pm-5:15pm

Meditation-in-Action, Leonard Perlmutter

5:30pm-6:30pm

DINNER

Wednesday, Oct 18

7:30am-8:30am

BREAKFAST

9:00am-9:30am

Review and Q&A

9:30am-11:30am

Easy-Gentle Yoga I and II, Leonard Perlmutter

11:30am-12:30pm

LUNCH

1:00pm-2:00pm

Introduction to AMI Meditation, Leonard Perlmutter

2:00pm-3:00pm

Guided AMI Meditation Practice, Leonard Perlmutter

3:00pm-3:30pm

BREAK/Easy-Gentle Yoga Exercises

3:30pm-4:30pm

AMI Meditation Study and Results, Mark Pettus MD

4:30pm-6:00pm

Yogic Diaphragmatic Breathing Practices, Leonard Perlmutter

6:00pm-7:00pm

DINNER

Thursday, Oct 19

7:00am-8:00am

BREAKFAST

8:30am-9:00am

Review & Q&A

9:00am-10:00am

Nadi Shodhana & AMI Meditation, Leonard Perlmutter

10:00am-10:30am

BREAK/Easy-Gentle Yoga Exercises

10:30am-12:30pm

Yoga Psychology, Leonard Perlmutter

12:30pm-1:30pm

LUNCH

2:00pm-3:00pm

Food as Medicine, Kristin Kaelber, MD PhD

3:00pm-3:30pm

BREAK/Easy-Gentle Yoga Exercises

3:30pm-4:30pm

Yoga Nidra, Leonard Perlmutter

4:30pm-5:00pm

Guided Nadi Shodhana, Leonard Perlmutter

5:00pm-6:00pm

DINNER

6:30pm-9:00pm

Peaceful Warrior Movie: Meditation-in-Action/Discussion

Friday, Oct 20

7:30am-8:30am

BREAKFAST

9:00am-9:30am

Review and Q&A

9:30am-10:00am

Guided Nadi Shodhana/AMI Meditation, Leonard Perlmutter

10:00am-11:30am

Chakra Psychology, Leonard & Jenness Perlmutter

11:30am-11:45am

BREAK/Easy-Gentle Yoga Exercises

11:45am-12:45pm

Ayurveda: The Science of Life, Leonard Perlmutter

1:00pm-2:00pm

LUNCH

2:15pm-3:30pm

Epigenetics/AMI Meditation/Choices Mark Pettus MD

3:30pm-4:00pm

BREAK/Guided Breath Meditation, Leonard Perlmutter

4:00pm-5:00pm

My Physician Burnout Story, Tony Santilli MD

5:00pm-6:00pm

How We Reimagined Medicine with AMI Meditation, Mark Pettus MD, Kristin Kaelber MD, Renee Goodemote MD, Tony Santilli MD, Anita Burock MD, Janine Pardo MD, Jesse Ritvo MD, Josh Zamer MD, Gustavo Grodnitzky PhD

6:00pm-7:00pm

DINNER

6:00pm-8:00pm

ALUMNI DINNER & DISCUSSIONS

Saturday, Oct 21

7:30am-8:30am

BREAKFAST

9:00am-9:30am

Review and Q&A

9:30am-10:00am

Guided Nadi Shodhana, Leonard Perlmutter

10:00am-12:00pm

Contemplation/Repentance/Prayer, Leonard Perlmutter

12:00pm-1:00pm

AMI Meditation and Final Q&A, Leonard Perlmutter

1:00pm

Closing Paperwork/Hotel Checkout

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

THE TIME FOR CHANGE IS NOW!

AMI's 2023 conference lectures, practicums and Q&A provide experiential knowledge of Yoga Science that can empower you to make discriminating, life-enhancing choices every day. According to lifestyle medicine specialist Mladen Golubic, MD, PhD, "About 80% of chronic diseases are driven by lifestyle factors such as diet and exercise." Yet, our existing healthcare system still chooses to emphasize pills and procedures almost exclusively—disregarding the sage voice of Sir William Osler, the "Father of

Modern Medicine," who advised a century ago, "Do not ask what disease a patient has, ask what kind of patient has the disease." Honoring Osler's intuitive wisdom about the power of the mind, AMI's clinically proven curriculum of Yoga Science as Holistic Mind/Body Medicine has helped countless physicians and other healthcare providers reduce burnout and stress. And many have already begun to apply their intuitive knowledge to preventing and even reversing chronic, degenerative disease.

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
How to create and benefit from your own Yoga Science Lab

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

EASY-GENTLE YOGA

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

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

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

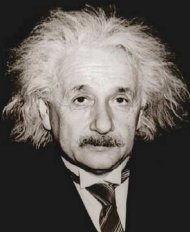
COURSE OBJECTIVES UPON COMPLETION, PARTICIPANTS WILL BE ABLE TO:

- Demonstrate knowledge of how using the tools of Yoga Science as mind/body medicine can help heal disease, manage addictive habits, alleviate stress, and reduce and prevent 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 of 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 burnout, and recognize the capacity of Yoga Science and AMI MEDITATION to assist brain chemistry and circuitry to heal and rebuild itself
- Use Yoga Science to create a personal and medical culture of health and wellbeing for themselves and greater compassion for their patients

"A problem cannot be solved on the level at which it appears. It must be solved on a higher level."

ALBERT EINSTEIN

Yoga Science is that "Higher Level!"



In-person attendance registration includes:

32 or 34 hours of live medical education; Access to private meetings with Leonard and other presenters; Chef-prepared gourmet whole-food, plant-based meals and snacks; Six month access to conference video recordings; Unique networking opportunities; Alumni dinner and discussion; "Peaceful Warrior" movie and discussion; Signed limited edition giclee by Jenness Cortez; 5 ½ hour online Yoga Science video course; Free books: "Heart and Science of Yoga" and "YOUR CONSCIENCE;" Free MP3 guided AMI Meditation; Extensive course handouts; AMI bookstore.

Virtual attendance registration includes:

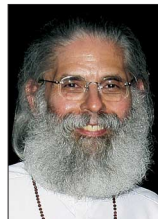
32 hours of live medical education; Access to conference video recordings for 6 months post-event; 5 ½ hour online Yoga Science video course; Free eBooks: "Heart and Science of Yoga" and "YOUR CONSCIENCE;" Free MP3 guided AMI Meditation recording.

AMI FACULTY SPEAKERS

Network, share and learn with medical colleagues, while benefiting from our experienced, knowledgeable faculty who regularly practice AMI Meditation and its allied disciplines.

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

Leonard is the founder of The American Meditation Institute, developer of the AMI Meditation® curriculum, and originator of National Conscience Month. He is a noted educator, philosopher, and author of the award-winning books *The Heart and Science of Yoga®* and *YOUR CONSCIENCE*, and the holistic 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 medical pioneer 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, numerous medical colleges, Kaiser Permanente, 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 *AMI Clinical Study, Epigenetics, Reimagining Medicine*

Mark is a board certified internist and nephrologist, Director of Medical Education and Population Health at Berkshire Health Systems, a member of the AMI Department of Medical Education, and Clinical Associate Professor of Medicine at UMass Medical School. He is the author of *The Savvy Patient* and *It's All in Your Head*.



NEW 2023

Kristin Kaelber MD PhD *Food as Medicine; Reimagining Medicine*

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.



NEW 2023

Renee Rodriguez-Goodemote MD *Reimagining Medicine*

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 *My Burnout Story, 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. Board-certified in Pulmonary and Critical Care medicine, he practices in Schenectady, 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.



Gustavo Grodnitzky PhD *Reimagining Medicine*

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 Department of Psychological Education.



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.



Anita Burock-Stotts MD *Reimagining Medicine*

Anita is board certified in Internal Medicine and recently retired from practicing Functional Medicine in Altamont, 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 Pardo is a Princeton-educated, board certified Internist and Preventive/Lifestyle Medicine specialist. As co-owner of Synergy Private Health in Chestnut Hill, MA, she currently serves as a concierge physician. Since 2015, Janine has been incorporating Yoga Science into both her personal life and medical practice.



Attendees from AMI's 11th annual CME Conference in 2019—Before the COVID-19 Pandemic

REGISTRATION INFORMATION – OCTOBER 17-21, 2023

americanmeditation.org — Phone or Fax: (518) 674-8714

IN-PERSON REGISTRATION (All Meals Included)

Physicians —————	\$3,195 (reflects \$200 Early Bird Discount) \$3,395 After September 11, 2023
PAs/NPs/Residents/Fellows —————	\$2,995 (reflects \$200 Early Bird Discount) \$3,195 After September 11, 2023
Healthcare Executives and Guests of Registered Attendees** —	\$2,595 (reflects \$200 Early Bird Discount) \$2,795 After September 11, 2023

** Including employees, spouse or partner

LIVE-VIRTUAL REGISTRATION

Physicians —————	\$2,895 (reflects \$200 Early Bird Discount) \$3,095 After September 11, 2023
PAs/NPs/Residents/Fellows —————	\$2,695 (reflects \$200 Early Bird Discount) \$2,895 After September 11, 2023
Healthcare Executives and Guests of Registered Attendees** —	\$2,295 (reflects \$200 Early Bird Discount) \$2,495 After September 11, 2023

** Including employees, spouse or partner

REFUND POLICY: Written cancellation must be received on or before Monday, October 2, 2023. No refunds will be given after this date. A \$400 administrative fee will automatically be deducted from all refunds.

ACCOMMODATIONS: Book your room at the Equinox Resort & Spa online bit.ly/BookEquinox or call (877) 854-7625. Mention AMI's conference for a reduced room rate of **\$319/night + \$30 resort fee & tax (guaranteed until September 18, 2023)**. Rooms are available for registrants on a first-come, first-served basis. The Resort Fee includes internet access, self-parking, 24 hour Business Center, use of the Spa facilities: indoor heated pool, sauna and steam, 24-hour Fitness Room, use of putting green, bikes and tennis courts, in-room bottled water and 855 preserve trails on Mt. Equinox. equinoxresort.com

GOURMET VEGETARIAN/VEGAN CUISINE:

All meals are included in registration fee. In-Person attendees will be served delicious gourmet, plant-based, vegetarian meals prepared by the Equinox's award winning chefs. If you have special needs or dietary restrictions, please contact AMI at (518) 674-8714 by Monday, September 18, 2023.

SCAN HERE
To Register

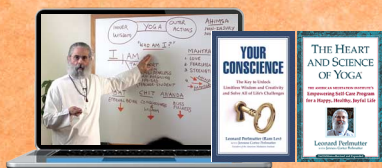


For Information
(518) 674-8714

AIRPORT, ROOMMATE MATCHING, RIDE SHARING:

For those interested in sharing expenses for room accommodations, driving, and/or airport transportation, please visit the AMI Conference Meetup forum bit.ly/CME-meetup.

ALL ATTENDEES RECEIVE



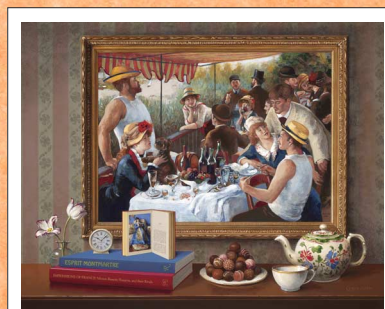
Access to a 5 1/2 Hour ONLINE VIDEO COURSE

Every In-Person and Virtual attendee will receive 6 month access to Conference recordings, Leonard Perlmutter's Online Video Course containing the same curriculum presented at AMI's 2023 CME conference, copies of *The Heart and Science of Yoga*® and *YOUR CONSCIENCE*, plus a practical 20 minute guided AMI MEDITATION® MP3 recording.

All Attendees receive gifts valued at \$341

IN-PERSON ATTENDEES WILL ALSO RECEIVE

A Free, Signed and Numbered, Limited Edition Giclee
BY JENNESS CORTEZ PERLMUTTER



"La Belle Vie" "The Good Life"

"I share my work with you as a practical example of how my AMI Meditation...practice has enabled me to become an instrument of the One Creative Spirit." —Jenness

Giclee print on acid free paper
11.25 by 13.25 inches
Homage to: Pierre-Auguste Renoir
"Luncheon of the Boating Party"
"Portrait of Madam Monet"

Giclee valued at \$395

Including the Giclee, In-Person Attendees receive gifts valued at \$736

U.S. PHYSICIAN ACCREDITATION (32 or 34 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 34 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CANADIAN PHYSICIAN ACCREDITATION (32 or 34 CMEs)

The Royal College will recognize the number of participation hours as MOC Program Section 1 accredited group learning credits for group learning activities developed by Accreditation Council for Continuing Medical Education (ACCME)-accredited physician organizations (university, academy, specialty society, hospital department etc.) that are held within and outside of Canada. "Through an agreement between the Accreditation Council for Continuing Medical Education and the Royal College of Physicians and Surgeons of Canada, medical practitioners participating in the Royal College MOC Program may record completion of accredited activities registered under the ACCME's "CME in Support of MOC" program in Section 3 of the Royal College's MOC Program." royalcollege.ca

12th Annual CME Conference – October 17-21, 2023

AMI Meditation: The Heart and Science of Yoga®

Hybrid Event: Participate In-Person or Live-Virtual

TARGET AUDIENCE:

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

SCAN HERE
To Website



REGISTER ONLINE 
americanmeditation.org/cme

What Conference Alumni Are Saying

98% of previous attendees ranked this conference as "Superior" to other CME courses.

Phenomenal course! Leonard is an excellent teacher and now a friend. This experience was so enlightening in comparison to the usual medical conferences which are packed with data, but often not useful. It has actually changed my life!!

Larry Iannarone MD, General Surgeon

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

This curriculum 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

It has been transformational, inspiring and self-empowering. I highly recommend this conference for every physician.

Keyvan Hariri MD, Family Medicine, CA

I am touched by Leonard's presence and teaching, and am deeply appreciative.

Jennifer DePiero MD, Family Medicine, MA

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

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 DO, Psychiatry, ME

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

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

Wonderful experience! Amazing tools to continually recalibrate my perspective on truth, harmony, health and authentic purpose. Deeply resonant material, which is conspicuously absent in the toxic culture of medical training. Should be required curriculum in medical school.

2019 Conference Attendee MD, Psychiatry

Life-changing! I now know how I need to change my life to fulfill my deepest driving desire. Everyone would benefit from this course, especially medical practitioners.

Shivani Jerath MD, Family Medicine, NY

This conference was exactly what I needed for my career and life!

Dessa Burt MD, Pediatrics, MN

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

Colleen Opremcak MD, Psychiatry, OH

ANNUAL ALUMNI DINNER AND DISCUSSION

For Returning Attendees



On Friday, October 20th (6:00-8:00pm) all students who previously attended this conference will be hosted by Renee Goodemote and Tony Santilli, Co-Chairs of AMI's Dept. of Medical Education. At the conclusion of a gourmet Indian dinner, members of the alumni group will discuss ways to deepen their understanding and practice of Yoga Science by more effectively integrating the AMI curriculum into their medical practice and homelife. Please join us.