The Heart and Science of Yoga™

American Meditation Institute’s

Comprehensive Training in Holistic Mind/Body Medicine

For Clinical and Personal Application

Meditation • Mantra • Breath • Mind Function Optimization • Lymph System Detox
Ayurveda & Alkaline Nutrition • Easy-Gentle Yoga (for joints, glands and internal organs)

Leonard Perlmutter
Educator, award-winning author and founder of The American Meditation Institute

Bernie Siegel, MD
Surgeon, award-winning author and pioneer in Mind-Body Medicine

November 5-7, 2010

Space is Limited!

Register EARLY!

This activity is sponsored by Albany Medical College to offer 15 AMA PRA Category 1 Credits™ for physicians and accredited by the NYS Nurses Association to offer 12 contact hours for nurses.

Curriculum Endorsed by Mehmet Oz MD, Dean Ornish MD and Bernie Siegel MD
SELF-CARE is essential to YOUR WELLNESS

Herbert Benson, M.D. of the Harvard Medical School claims that maintaining good health is analogous to building a three-legged stool.

One leg is Pharmaceuticals.
The second leg is Surgery & Medical Procedures.
And the third leg is Self-Care.

“Health and well-being,” Dr. Benson says, “is balanced and optimal only when all three legs of the stool are in place.”

You entered the medical profession because you care about people. You work hard and truly want your patients to feel better but you are subject to stress, overwork, the threat of legal entanglements and ongoing frustrations with the current reimbursement structure. Adopting new health-promoting strategies to reduce the debilitating impact of these challenging factors is a dire necessity.

An Effective Plan for YOU and your PATIENTS

In support of the American Meditation Institute’s CME accreditation process (through the Albany Medical College), AMI conducted a retrospective case study of participants who completed Leonard Perlmutter’s Heart and Science of Yoga™ course. The findings were impressive. The tools and practices learned led to these positive, reproducible, long-term health-promoting changes:

- Lowered blood pressure
- Lowered heart rate
- Reduced cholesterol levels
- Decreased chest pain
- Diminished or extinguished acute and chronic pain
- Weight loss
- Increased breathing capacity
- Increased exercise capacity
- Improved quality and quantity of sleep
- Improved energy levels
- Increased creative capacity
- Diminishment of migraine headaches
- Significant reductions in stress and fear
- Elimination of irritable bowel syndrome
- A general sense of happiness and optimism in all facets of life for every participant

Participant #2 “My cholesterol went from 230 to 160s, my heart rate from 80s to 50s, and my blood pressure from 140/90 to 110/70.”

Participant #13 “My symptoms of Irritable Bowel Syndrome and panic attacks decreased after the course. I went through menopause without any issues.”

Participant #14 “My migraines diminished, my cholesterol went down and I significantly reduced my blood pressure medication.”

The U.S. Centers for Disease Control and Prevention in Atlanta, Georgia reports that 53 percent of illness is attributable to lifestyle choices. The decisions people make about their life and habits are by far the greatest factor in determining their wellness.

Additional Health Conditions Benefited by The Heart and Science of Yoga™

Addictions • Arrhythmias • Arthritis • Asthma • Attention Disorders • Cancer and Other Chronic Illnesses • Dementia • Depression • Diabetes • Emphysema • Fibromyalgia • Immune System Diseases • Infertility • Invitro-Fertilization Therapy • Memory Loss • Menopause • Panic Attacks • Phobias • Post-Operative Recovery • Prolonging Life Expectancy • Psoriasis • PMS • Smoking • Ulcers

“Americans spend over $48 billion a year on complementary and alternative health care services.”

“Frontline,” PBS
COURSE OBJECTIVES

_The Heart and Science of Yoga™_ presents a comprehensive training in the world’s most effective holistic mind/body medicine. The content for this clinical training was determined by assessment of educational need, as well as a comprehensive case study (conducted by Beth Netter, MD, Chair of the AMI Medical Education Committee). Numerous studies have demonstrated that over 50% of the American population utilizes some form of complementary health care service. This weekend retreat will provide each participant easy-to-learn practices that work synergistically (within the intricate medium of the stress system) to reduce allostatic load while working toward establishing homeostasis.

Course Components Include:

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

**MEDITATION**
- Systematic procedure for meditation
- How to diminish distractions
- Training one-pointed attention for creativity and nutrition
- The one-minute meditation
- Using meditation skills throughout the day
- Mantra Science:
  - What are the world’s great mantras?
  - How to use thoughts and mantra in the healing process
  - The vibration of the mantra promotes health
  - Learning to use the mantra
  - Building focus, fearlessness, and strength

**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 and psychological balance

**YOGA PSYCHOLOGY**
- How the mind functions for optimal health
- Managing thoughts
- The power of the present moment
- Channeling the four primitive urges:
  - Food, Sex, Sleep and Self-preservation
- Anatomy of your real being
- Building and healing relationships

**EASY-GENTLE YOGA**
- Yoga stretches and exercises for:
  - muscles, joints, glands and internal organs

**MIND/BODY CARE PLAN**
- Creating a therapeutic care plan for home and work
- Integrating spiritual beliefs
- Keeping a meditation practice going

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**Take Away Learning**

- **Comprehensive overview of how the mind/body medicine of Yoga Science can heal disease, alleviate stress and manage addictions**
- **The principles of Ayurvedic medicine and alkaline therapy relative to healthy eating choices**
- **Easy-Gentle Yoga exercises for lymph system detox, joints, glands and internal organs**
- **The physical, mental and emotional healing powers of mantra science**
Leonard Perlmutter
Leonard is a noted philosopher, educator, and founder/director of the American Meditation Institute in Averill Park, New York. He is the author of the award-winning book, “The Heart and Science of Yoga” and the mind/body medicine journal, Transformation. Over the past thirty-three years, Leonard has served on the faculties of the New England Institute of Ayurvedic Medicine and the International Himalayan Yoga Teachers Association. Leonard is a direct disciple of Swami Rama of the Himalayas—the man who, in laboratory conditions and under the observation of research scientists at the Menninger Institute, demonstrated that blood pressure, heart rate and the autonomic nervous system can be voluntarily controlled. These research demonstrations have been one of the major cornerstones of the mind/body movement of the past forty years. Mr. Perlmutter serves as Adjunct Professor in Yoga Science at the College of Saint Rose. Leonard has presented workshops at the M.D. Anderson Cancer Center, The New York Times forum on Yoga Science with Dean Ornish, MD, Albany Medical College, the Washington University Medical School and the University of Colorado Medical School. His writings and seminars are enlivened by his inspiring enthusiasm, vast knowledge, humor and clear teaching style.

Bernie Siegel, MD
Dr. Bernie Siegel is a well-respected pioneer in the area of mind-body medicine. Bernie graduated Cornell University Medical College with honors and completed his surgical training at Yale New Haven Hospital, West Haven Veteran’s Hospital and the Children’s Hospital of Pittsburgh. He practiced general medicine and pediatric surgery until his retirement in 1989. Throughout his illustrious career Dr. Siegel has cared for and counseled people whose lives have been threatened by illness. Bernie embraces a philosophy of living and dying that stands as a beacon of clarity for today’s medical ethics and spiritual issues. He is the originator of the “Exceptional Cancer Patients” therapy clinic and award-winning author of Love Medicine & Miracles, Peace, Love & Healing and How To Live Between Office Visits.

COURSE SCHEDULE

FRIDAY, NOVEMBER 5
5:00 - 7:00PM Early Registration

SATURDAY, NOVEMBER 6
6:30 - 7:45AM Registration
6:30 - 7:45AM BREAKFAST
8:00 - 10:00AM Overview:
Yoga Science
10:30 - 12:30PM Breathing Practices
12:30 - 2:00PM LUNCH
2:00 - 4:30PM Introduction to Meditation
5:00 - 6:30PM DINNER
7:00 - 8:30PM Yoga Psychology (Mind)
Ayurveda/Alkaline Nutrition

SUNDAY, NOVEMBER 7
6:30 - 7:45AM BREAKFAST
8:00 - 10:00AM Easy-Gentle Yoga
10:30 - 12:30PM Creating a Comprehensive Mind/Body Care Plan
1:00 - 2:00PM LUNCH
2:15 - 5:15PM Dr. Bernie Siegel: “Healing a Life versus Curing a Disease (for Doctors and Patients)” plus Wrap-up

Networking breakfast begins at 6:30AM each day. The first training lecture begins at 8:00AM.

ATTIRE: Please wear comfortable clothing throughout the day. Yoga mats are not necessary.
Payment may be made by check or credit card (Visa, MasterCard, American Express or Discover). A confirmation letter will be sent to the address listed on the registration form. Registration fee includes breakfast, lunch and dinner throughout the retreat, a FREE copy of *The Heart and Science of Yoga* book and a 17 minute guided meditation CD.

**ONLINE:**  [www.americanmeditation.org/cme](http://www.americanmeditation.org/cme) (with credit card).

**MAIL:**  Complete the enclosed registration form and mail with your payment.

Please make checks payable to American Meditation Institute and mail to:

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

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

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

**TUITION:**

- **Physicians**  
  $1,195 On or before September 30, 2010  
  $1,395 After September 30, 2010

- **Residents/Fellows/PAs/NPs/RNs**  
  $995 On or before September 30, 2010  
  $1,195 After September 30, 2010

- **Guests of Registered Attendees**  
  $600 On or before September 30, 2010  
  $800 After September 30, 2010

**REFUND POLICY**

No refund will be granted unless a written cancellation notice is received by October 23, 2010. No refunds will be given after this date. A $75 administrative fee will be deducted from the refund.

**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 $159 per night (this price rate is guaranteed until October 5). Directions to the Cranwell (55 Lee Road, Lenox, MA) are available on the Cranwell website: [www.cranwell.com](http://www.cranwell.com).

**REGISTRATION INFORMATION**

**PHYSICIAN ACCREDITATION (15 CMEs)**

The Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. Albany Medical College designates this educational activity for a maximum of 15 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**NURSING ACCREDITATION** — 12 Contact Hours approved

This continuing nursing education activity was approved by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.
MAIL-IN REGISTRATION FORM

PLEASE ENROLL ME: The Heart and Science of Yoga® (NOV. 5 - 7, 2010)

MAIL TO: American Meditation Institute, 60 Garner Road, Averill Park, NY 12018
Telephone and Fax (518) 674-8714 • www.americanmeditation.org • ami@americanmeditation.org
Checks and money orders are payable to the American Meditation Institute (or AMI)

NAME

CHECK ONE □ Physician □ Resident □ Fellow □ PA □ NP □ RN □ Guest of attendee

CME TRACKING NUMBER

ADDRESS

CITY STATE ZIP

E-MAIL

PLEASE CHECK ONE

□ Check □ Visa □ MasterCard □ American Express □ Discover

CARD NO.

SIGNATURE □ □ □ EXP. DATE □ □ □

TEL. (Work) □ □ □ VER. CODE □ □ □

CELL PHONE □ □ □ TEL. (Home) □ □ □

SPECIAL NEEDS: If you have special needs or dietary restrictions, please contact AMI at (518) 674-8714 by October 30th.

PROFESSIONAL ENDORSEMENTS

“The Heart and Science of Yoga® comprehensively outlines the holistic benefits of Yoga and brought joy to this heart surgeon’s heart.”
MEHMET OZ, MD, Columbia University Professor, Host of The Dr. Oz Show

“A comprehensive and practical guide to the yogic practices as tools for transformation.”
DEAN ORNISH, MD, author of Dean Ornish’s Program for Reversing Heart Disease

“This training benefits me personally and I refer it to patients with confidence.”
BETH NETTER, MD — Holistic Mind-Body Medicine, Albany NY

“This teaching has had a profound effect on both my personal and professional life. I find it to be of great value to my patients.”

TONY SANTILLI, MD
Pulmonologist, Berkshire Medical Center, Pittsfield, MA

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Comprehensive Training in Mind-Body Medicine

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