American Meditation Institute’s Yoga of Medicine Program

6th Annual Retreat: Physicians • RNs • NPs • PAs • Psychologists

Comprehensive Training in Yoga Science as
Holistic Mind/Body Medicine
For Clinical and Personal Application (30 CMEs)

The Heart and Science of Yoga™
Meditation • Mantra Science • Diaphragmatic Breathing • Yoga Psychology • Mind Function Optimization
Chakras • Easy-Gentle Yoga • Lymph System Detox • Nutrition • Functional Medicine • Ayurvedic Medicine • Epigenomics

NOVEMBER 5-9, 2014

LENOX, MASSACHUSETTS

Please Register EARLY!

Space is LIMITED

Leonard Perlmutter, AMI Founder • Susan Lord MD • Beth Netter MD • Rosy Mann BAMS
Mark Pettus MD • Kathie Swift MS RDN • Jenness Cortez Perlmutter, AMI Founder

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

REGISTER ONLINE: americanmeditation.org/cme • Tel. (518) 674-8714
The Heart and Science of Yoga™ course presents a comprehensive training in the world’s most effective holistic mind/body medicine and its scientific foundation. The program is designed to encourage active participant interaction by combining engaging lectures, practicums, panel discussion and Q&A. Although recent studies have demonstrated that 75% of health care costs associated with chronic diseases could be prevented or reversed by lifestyle changes, many clinicians do not offer themselves, or their patients, strategies that encourage meaningful change. This 30 hour CME course will provide easy-to-learn practices that work synergistically (within the intricate medium of the stress system) to reduce inflammation and 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 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

**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

**MEDITATION**
- Systematic procedure for meditation
- How to diminish distractions
- Training one-pointed attention for creativity
- 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

**EASY-GENTLE YOGA**
- Two sets of Easy-Gentle Yoga stretches and exercises
- Understanding the physiology/anatomy of Easy-Gentle Yoga

**YOGA PSYCHOLOGY**
- How the mind functions for optimal health
- Managing thoughts, desires and emotions
- How to experience freedom from fear
- The power of the present moment
- Channeling the four primitive urges: Food, Sex, Sleep and Self-preservation
- Psychology of the Chakra System as a diagnostic tool
- Anatomy of your real being
- Building and healing relationships

**MIND/BODY CARE PLAN**
- Redefining the practice model
- Ayurveda: As a science and diagnostic tool
- Epigenomics, Lifestyle choices
- How to keep a meditation practice going & working for you
- How to introduce these practices to your patients
- Food as Medicine (Diet, Nutrition, Functional Medicine)

**Course Objectives**

Upon completion of this course, participants will be able to:

- Demonstrate knowledge of how Yoga Science as mind/body medicine can help heal disease, manage addictive habits, alleviate stress and inflammation
- Develop equanimity, discrimination, will power, creativity and energy through a daily practice of 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
- Understand the physiological benefits of Easy-Gentle Yoga (exercises for lymph system detox, joints, glands, muscles and internal organs)
- Help themselves and their patients reduce conditioned habits of negative thinking through the healing powers of mantra science
- Utilize Food as Medicine (Diet, Nutrition, Functional Medicine) to maximize personal well being
- Use Chakra Psychology (subtle emotional/mental causes of stress) to diagnose and treat dis-ease
Leonard Perlmutter, AMI Founder
LEONARD PERLMUTTER is a noted educator and founder of The American Meditation Institute. He is the author of 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 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, the Albany Medical College and The New York Times Yoga Forum with Dean Ornish, MD.

Susan Lord, MD East Meets West
SUSAN B. LORD, MD, is currently a faculty member, holistic health consultant and retreat facilitator for Kripalu Center for Yoga and Health. She served as Associate Director for Professional Training at the Center for Mind/Body Medicine in Washington, DC from 1996-2007, and was the Course Director for the Food as Medicine program.

Beth Netter, MD, MT Breath as Medicine
BETH NETTER, MD is an holistic physician and acupuncturist. She graduated from the University at Buffalo’s School of Biomedical Sciences, and completed her residency in anesthesiology at the Brigham and Women’s Hospital in Boston, MA. Beth is an AMI certified meditational therapist and currently serves as Chair of the AMI Medical Education Committee.

Rosy Mann, BAMS NEW for 2014: Ayurveda & Diagnostic Applications
ROSY MANN holds a Bachelor of Ayurvedic Medicine and Surgery from the Guru Nanak Dev University in Amritsar, India. She has practiced clinical Ayurveda for over 15 years specializing in women’s health. She currently serves as a senior faculty member of Kripalu School of Ayurveda, and offers personal consults as well as workshops and programs as an Ayurvedic educator.

Mark Pettus, MD NEW for 2014: Epigenomics/Inflammation/Allostatic Load
MARK PETTUS, MD, 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: Change Your Mind, Change Your Health, & Change Your Life.

Kathie Swift, MS, RDN, LDN NEW for 2014: Food as Medicine
KATHIE SWIFT is a leading educator and practitioner in the field of integrative nutrition. She is author of The Inside Tract: Your Good Gut Guide to Great Digestive Health and the chief nutrition advisor for myfoodmyhealth.com. Kathie is a Licensed Registered Dietitian with 30 years of clinical experience and a founding member of the Institute for Functional Medicine Nutrition Advisory Board.

Jenness Cortez Perlmutter NEW for 2014: Psychology of Chakras
JENESS CORTEZ PERLMUTTER has studied Yoga Science and practiced meditation since 1977. She is the co-founder and faculty member of The American Meditation Institute and a direct disciple of Swami Rama of the Himalayas. She graduated from the Herron School of Art, and is a world-rekowned artist presently concentrating on works of classical realism.
**SELF-CARE**

is essential to YOUR WELLNESS

Herbert Benson, M.D.

of the Harvard Medical School

claims that maintaining good health is analogous to this three-legged stool.

Expand Your Clinical and Personal Competency

The NIH claims that more than 1 in 3 Americans now seek mind/body healing therapies to supplement their conventional care. As a physician or other health care provider, you can deepen your understanding of Yoga Science as mind/body medicine and its scientific foundation by attending this stimulating immersion course led by Leonard Perlmutter and a panel of other leading experts.

An Effective Plan for YOU and your PATIENTS

To support the American Meditation Institute’s course accreditation, AMI conducted a retrospective case study of participants who completed Leonard Perlmutter’s Heart and Science of Yoga™ course. The findings included these positive, reproducible, long-term health-promoting changes:

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

**COURSE SCHEDULE (30 CMEs)**

Including Evidence-Based Case Studies

**Wednesday, Nov 5**

10:00 am-12:00 pm Registration, Olmsted Lobby
12:00 pm-1:30 pm Lunch, Mansion
2:00 pm-3:30 pm "East Meets West" Susan Lord MD
3:30 pm-4:00 pm Exercise/BREAK
4:00 pm-5:30 pm Overview: "Yoga Science" Leonard Perlmutter
5:30 pm-6:00 pm Q&A/Discussion
6:15 pm-7:15 pm DINNER

**Thursday, Nov 6**

6:30 am-7:30 am BREAKFAST
8:00 am-10:00 am "Introduction to Meditation" Leonard Perlmutter
10:00 am-10:30 am Exercise/BREAK
10:30 am-11:00 am "Breath as Medicine" Beth Neter, MD
11:30 am-12:30 pm "Breathing Practices" Leonard Perlmutter
12:30 pm-1:30 pm LUNCH
2:00 pm-3:00 pm Visualization/Desire
3:00 pm-3:30 pm Guided Breath Meditation
3:30 pm-5:30 pm "Easy-Gentle Yoga I & II" Leonard Perlmutter/Mary Holloway
5:30 pm-6:00 pm Q&A/Discussion
6:15 pm-7:15 pm DINNER

**Friday, Nov 7**

7:30 am-8:00 am "Easy-Gentle Yoga I Review" Mary Holloway
8:00 am-9:00 am BREAKFAST
9:00 am-10:00 am Guided Meditation
10:00 am-11:30 am "Yoga Psychology" Leonard Perlmutter
11:30 am-11:45 am BREAK
11:45 am-12:45 pm "Intro to Ayurveda" Leonard Perlmutter
1:00 pm-2:00 pm LUNCH
2:30 pm-4:00 pm "Ayurveda – The Science of Life" Rosy Mann
4:00 pm-4:30 pm BREAK/Matra Walk
4:30 pm-6:00 pm "Food as Medicine" Kathie Swift MS, RD, LDN
6:00 pm-6:30 pm Q&A/Discussion
6:30 pm-7:30 pm DINNER

**Saturday, Nov 8**

7:30 am-8:00 am Easy-Gentle Yoga II Review Mary Holloway
8:00 am-9:00 am BREAKFAST
9:00 am-10:00 am Guided Meditation
10:00 am-11:00 am "Epigenomics/Allostatic Load" Mark Pettus MD
11:00 am-11:15 am Exercise/BREAK
11:15 am-12:15 pm "Epigenomics" continued Mark Pettus MD
12:30 pm-1:30 pm "Psychology of Chakras" Leonard/Jenness Perlmutter
2:00 pm-3:30 pm Balancing Chakras Practice Leonard Perlmutter
3:30 pm-4:00 pm Exercise/BREAK
4:15 pm-4:45 pm Alternate Nostri / Chakra Bija / Guided Meditation
4:45 pm-5:15 pm Q&A/Discussion

**FREE EVENING**

**BONUS CLASS:** "Yoga Nidra" (Non-CME) - Advanced Mind/Body Healing
7:30 pm - 9:00 pm, Yoga's healing energy with breath & guided imagery

**Sunday, Nov 9**

6:30 am-7:30 am Easy Gentle Yoga I & II Mary Holloway
7:30 am-8:30 am BREAKFAST
9:00 am-9:30 am Alternate Nostri / Guided Meditation
9:30 am-10:30 am "Ayurveda – Diagnostic Application" Rosy Mann
10:30 am-10:45 am BREAK
10:45 am-12:15 pm "Contemplation and Prayer" Leonard Perlmutter
12:15 pm-12:30 pm BREAK
12:30 pm-1:30 pm Closing Questions/Expert Panel with Leonard Perlmutter and Drs. Pettus, Lord, Netter, Dr. Rosy Mann, Kathie Swift and Jenness Perlmutter
1:30 pm Closing

**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). The registration fee includes all meals, a copy of Leonard Perlmutter’s *The Heart and Science of Yoga*, *The Physiology of Easy-Gentle Yoga, Results of Recent Clinical Studies*, and a guided meditation CD.

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

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<th>Category</th>
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<td>Registered Nurses and **</td>
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| Guests of Registered Attendees**| **Including employees, spouse or partner**

**REFUND POLICY**

No refund will be granted unless a written cancellation notice is received by October 27, 2014. No refunds will be given after this date. A $100 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 8). Directions to the Cranwell Resort (55 Lee Road, Lenox, MA) are available on the Cranwell website: www.cranwell.com.

**U.S. PHYSICIAN ACCREDITATION (30 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 30 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**CANADIAN PHYSICIAN ACCREDITATION (30 CMEs)**

Canadian Fellows should inquire with their respective MOC program for how to claim credits.

**NURSING ACCREDITATION (30 Contact Hours)**

This continuing nursing education activity was approved by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

**PSYCHOLOGIST CONTINUING EDUCATION (30 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 30 CE hours. For a complete list of educational objectives, call (518) 674-8714.
TARGET AUDIENCE

Health professionals who provide direct patient care or patient education in areas of self-management, lifestyle behaviors, and mind/body medicine are encouraged to attend. This includes, but is not limited to physicians (all fields), psychologists, nurses, social workers, counselors, hospice workers, clergy, coaches, and integrative medicine practitioners.
PROFESSIONAL ENDORSEMENTS

The Heart and Science of Yoga™, which forms the basis of AMI’s Holistic Mind/Body Medicine curriculum, is endorsed by:

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

PHYSICIAN ATTENDEES FROM 2012 AND 2013

Over 95% of respondents of last year's evaluation survey ranked this course as "Above Average" or "Superior" to other CME courses.

“Wonderful program. I would highly recommend this to colleagues. The teachings and practices we learned are a genuine gift, and will undoubtedly impact my own efforts at self-care and then ripple out to loved ones and all relationships.”

“Superb conference. It brought me important mind, body, inner wisdom awareness. It is the beginning of a new beginning. Each EXPERT PRESENTER in Yoga Science did a marvelous job in helping us understand the meaning of this art by being living examples. I hope to continue this journey. With many thanks!!”

“An excellent combination of intellectual knowledge, philosophy and practical teaching for both personal and professional development:”

“Excellent!! Probably the most important information I’ve ever received for improving overall health.”

“Excellent. Very beneficial for my practice and for me personally (my individual evolution).”

AMERICAN MEDITATION INSTITUTE
Self-Care for Healthy Living

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