

American Meditation Institute's: "The Yoga of Medicine" Program

Comprehensive Training in Holistic Mind/Body Medicine

For Clinical and Personal Application



The Heart and Science of Yoga™

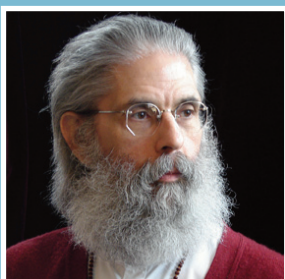
Albany
Medical
College



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

Leonard Perlmutter

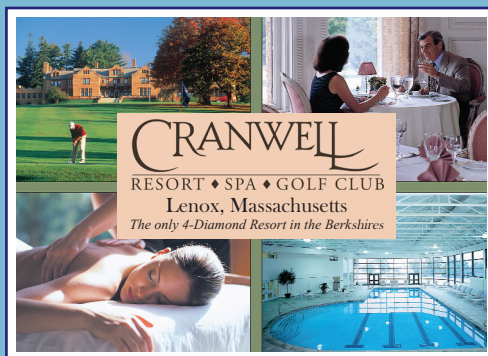
Educator, award-winning author and founder of The American Meditation Institute



Beth Netter, MD

Holistic Physician and Chair of the AMI Medical Education Committee

November 3-6, 2011



Bernie Siegel, MD

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



Anita Burock-Stotts, MD

Board Certified: Internal Medicine
Functional Medicine Physician

REGISTER ONLINE: americanmeditation.org/cme.aspx • Tel. (518) 674-8714

Save
this
Date!

Register Early

PHYSICIAN ACCREDITATION (16 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 sponsorship 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 16 *AMA PRA category 1 credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Space
is
LIMITED
(518) 674-8714

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

SELF-CARE *is essential to YOUR WELLNESS*

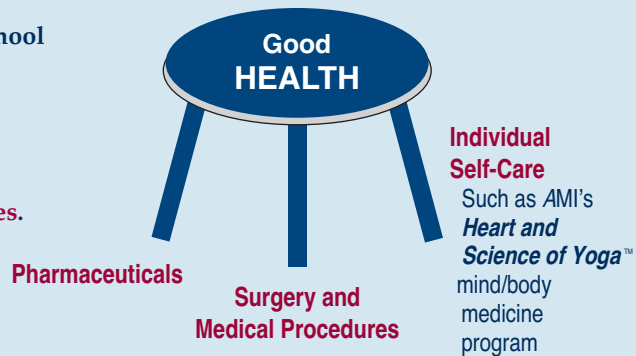
Herbert Benson, M.D. of the Harvard Medical School claims that maintaining good health is analogous to building a three-legged stool.

The first leg is **Self-Care**.

The second leg is **Pharmaceuticals**.

And the third leg is **Surgery & Medical Procedures**.

“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 • In vitro-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
Ayurveda, functional medicine, alkaline therapy
Integrating spiritual beliefs
Keeping a meditation practice going

Take Away Learning

- Comprehensive overview of how the mind/body medicine of Yoga Science can heal disease, alleviate stress and manage addictions
- A systematic procedure for meditation that develops equanimity, discrimination, will power and creativity
- Long-term strategies for healthy lifestyle changes using yoga psychology
- The principles of Ayurvedic medicine, functional 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 the breath and mantra science

SPEAKERS

Leonard Perlmutter

Leonard is a noted educator, and founder of the American Meditation Institute in Averill Park, New York. 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 direct disciple of Swami Rama of the Himalayas—the man who, in laboratory conditions 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. Leonard has presented workshops at the M.D. Anderson Cancer Center, the Albany Medical College and *The New York Times* forum on Yoga Science with Dean Ornish.

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* and *Peace, Love & Healing*.

Anita Burock-Stotts, MD

A student at AMI since 2003, Dr. Burock-Stotts is board certified in Internal Medicine. Anita graduated Penn State (Phi Beta Kappa) and Medical College of Pennsylvania (Alpha Omega Alpha). She currently practices Functional Medicine in Guilderland, New York.

Beth Netter, MD

A student at AMI since 2005, Dr. Netter is an Holistic Physician currently practicing in Albany, New York. She also serves as Chair of the AMI Medical Education Committee. Beth graduated University at Buffalo’s School of Biomedical Sciences, and completed her residency in anesthesiology and high risk obstetric anesthesiology at Brigham and Women’s Hospital in Boston.

COURSE SCHEDULE

Thursday, Nov. 3

5:00-7:00 PM

Early Registration, Mansion Lobby

Friday, Nov. 4

6:30-7:45 AM

6:30-7:45 AM

8:00-10:00 AM

10:00 AM-10:30 PM

10:30 AM-12:30 PM

12:30-1:30 PM

2:00-2:30 PM

2:30-4:30 PM

5:00-6:30 PM

7:00-9:00 PM

Registration, Mansion Lobby

BREAKFAST

Overview: Yoga Science

Break

Breathing Practices (with Beth Netter, MD)

LUNCH

Gentle Yoga Stretches

Introduction to Meditation

DINNER

Easy Gentle Yoga

Saturday, Nov 5

7:30-8:30 AM

9:00-11:00 AM

11:00 AM-11:30 AM

12:00-1:00 PM

1:30-4:30 PM

Free Evening

BREAKFAST

Yoga Psychology (The Four Mind Functions)

Gentle Yoga Stretches

LUNCH

Dr. Bernie Siegel:

"Healing a Life versus Curing a Disease"

A selection of local restaurants will be provided

Sunday, Nov 6

7:30-8:00 AM

8:00-9:00 AM

9:30 AM-10:30 AM

10:30 AM-11:00 PM

11:15 AM-12:45 PM

Easy-Gentle Yoga

BREAKFAST

Ayurveda/Alkaline Nutrition

The Yoga of Functional Medicine

(with Anita Burock-Stotts MD)

Creating a Comprehensive Mind/Body Care Plan

ATTIRE: Please wear comfortable clothing each day. Yoga mats are not necessary.

REGISTRATION INFORMATION

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.aspx (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, 2011
\$1,395 After September 30, 2011

Residents/Fellows/PAs/NPs/RNs — \$995 On or before September 30, 2011
\$1,195 After September 30, 2011

Practice Administrators _____ \$600 On or before September 30, 2011
Guests of Registered Attendees** \$800 After September 30, 2011

***Including employees, spouse or partner*

REFUND POLICY

No refund will be granted unless a written cancellation notice is received by October 23, 2011. 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 \$169 per night (this price rate is guaranteed until October 4)**. Directions to the Cranwell (55 Lee Road, Lenox, MA) are available on the Cranwell website: www.cranwell.com.

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 — Host of *The Dr. Oz Show*, Columbia University Professor

“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 Physician, Albany New York

“This training 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, Rockledge, Florida

CLICK TO REGISTER ONLINE
www.americanmeditation.org/cme.aspx

MAIL-IN REGISTRATION FORM

PLEASE ENROLL ME: *The Heart and Science of Yoga™* (NOV. 3-6, 2011)

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 _____
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. _____

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 28th**.

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NURSING ACCREDITATION (15 Contact Hours)

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.

It has been assigned approval code: 8GYR6J-11.

RNs: For a complete list of objectives, please call Mary Helen Holloway at (518) 674-8714. No commercial support was received for this educational activity.



AMERICAN MEDITATION INSTITUTE

Comprehensive Training in Mind-Body Medicine

60 Garner Road, Averill Park, NY 12018

(518) 674-8714 • www.americanmeditation.org

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