

FOR IMMEDIATE RELEASE

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American Meditation Institute Launches Educational Program for Physicians Albany Medical College Accredits Holistic Mind-Body Medicine Course

A comprehensive mind-body medicine course, combining the therapeutic benefits of meditation and yoga, will be presented to physicians at a special weekend workshop November 7-8, 2009 at the Cranwell Resort, Spa and Golf Club in Lenox, Massachusetts. Taught by the American Meditation Institute in Averill Park NY (AMI), the course has been accredited by the Albany Medical College Office of Continuing Medical Education. Physicians attending this course, *American Meditation: The Heart and Science of Yoga*, will receive a maximum of 12 AMA Category 1 credits. Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The course will be taught by Leonard Perlmutter, founder and director of AMI, and award-winning author of *"The Heart and Science of Yoga: A Blueprint for Peace, Happiness and Freedom from Fear"*. Noted physicians Mehmet Oz, Dean Ornish and Larry Dossey have endorsed Mr. Perlmutter's book, which serves as the curriculum for the course. Since 1995, Mr. Perlmutter has lectured extensively on the health benefits of yoga and meditation, including the M.D. Anderson Cancer Center, Albany Medical Center, Stratton VA Medical Center, University of Colorado Medical School, University of Wisconsin School of Nursing, Washington University Medical School and the Commonwealth Club of California. He also served on a distinguished New York Times panel of Yoga experts with Dr. Dean Ornish.

The Public Broadcasting System (PBS) estimates that \$48 billion is spent annually on complementary and alternative treatments. The National Institutes of Health report that approximately 38% of adults in the United States aged 18 and over, and nearly 12% of U.S. children 17 years and under use some form of complementary and alternative medicine. Significant among these therapies are meditation, yoga and deep breathing exercises --all of which are offered in "The Heart and Science of Yoga" curriculum. "By accrediting this course,

the Albany Medical College has become a leading force in mind-body medicine,” Perlmutter said. “This accreditation will provide many benefits for the health and wellbeing of physicians and their patients.”

American Meditation: The Heart and Science of Yoga course is a comprehensive survey of the historical, philosophical and scientific nature of meditation and yoga as taught in both the East and West. The practical skills taught are designed to positively impact every aspect of a physician’s professional and personal life.

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For more information, call 800.234.5115 or visit www.americanmeditation.org

About the American Meditation Institute

The American Meditation Institute for Yoga Science & Philosophy is a 501(c)3 non-profit educational organization devoted to the teaching and practice of meditation and its allied disciplines. In its holistic approach to wellness, the Institute combines the healing arts of the East with the practicality of modern Western science. AMI offers a wide variety of classes, retreats, and teacher training programs.

AMI Meditation teaches people of all levels of experience to control, conserve and transform their greatest natural resource --- the power of the mind --- into thoughts, words and actions, which can lead them for their highest and greatest good.

In contemporary terms, AMI Meditation provides the technology for creating new mental software that empowers each individual to make conscious, discriminating and reliable choices---choices which translate into peace of mind, physical balance and emotional healing. Visit www.americanmeditation.org today.

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