



The American Meditation Institute Offers New “Yoga of Medicine” Course on Balancing Chakra Energies with Leonard and Jenness Perlmutter

[The American Meditation Institute](#) in Averill Park, New York, will offer a new three-day Yoga of Medicine course entitled “[Chakras: Balancing Subtle Body Energies](#)” by Leonard and Jenness Perlmutter beginning Wednesday, March 16, 2010 from 6:30 through 8:30 PM.

Averill Park NY (Vocus/PRWEB) March 09, 2011 -- The American Meditation Institute in Averill Park, New York, will offer a new three-day Yoga of Medicine course entitled “Chakras: Balancing Subtle Body Energies” by Leonard and Jenness Perlmutter beginning Wednesday, March 16, 2010 from 6:30 through 8:30 PM. This course provides a detailed understanding of the character, anatomy and function of the seven major chakras. The Sanskrit word chakra literally translates as wheel or disk. In traditional Indian medicine, chakras refer to that series of subtle vortices in the human body that are believed to receive and express energies that maintain the physical form. According to Mr. Perlmutter, “When knowledge of the subtler aspects of the chakras is understood and incorporated into a daily mind-body medicine self-care practice, individuals are freed from the harmful effects of fear, anger, greed, guilt and jealousy. By learning to ‘balance’ the chakras through advanced Yoga Science purification therapies, students will gain valuable psychological insights that positively impact their ability to make discriminating lifestyle choices, boost their immune system and strengthen their powers of concentration. According to Perlmutter, “Rediscovering one’s inner source of physical health, emotional contentment and spiritual peace is simply a matter of finding the proper knowledge and cultivating the will force to apply it.”

[Leonard Perlmutter](#) is the founder of The American Meditation Institute 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, Bernie Siegel and Larry Dossey have endorsed Mr. Perlmutter’s book, which serves as the curriculum for his meditation and yoga mind-body medicine CME course for physicians.

About the American Meditation Institute

The American Meditation Institute is a 501(c)3 non-profit educational organization devoted to the teaching and practice of Yoga Science, meditation and its allied disciplines as mind-body medicine. In its holistic approach to wellness, the AMI combines the healing arts of the East with the practicality of modern Western science. The American Meditation Institute offers a wide variety of classes, retreats, and teacher training programs. AMI also publishes “[Transformation](#),” a bi-monthly journal of Yoga Science as holistic mind-body medicine. Call 800.234.5115 for a mail or email subscription.

Media Contact:

Mary Helen Holloway
60 Garner Road, Averill Park, NY 12018
Tel: 800-234-5115
Fax: 518-674-8714

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Contact Information

Leonard Perlmutter

American Meditation Institute

(518) 674-8714

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