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YOGA AS MEDICINE

1-Day Course, Saturday, November 3, 2018, 8:30 am to 6:00 pm, San Jose, CA

Life in Yoga Institute, Inc is accredited by the ACCME to provide continuing medical education for physicians. This activity has been approved for **AMA PRA Category 1 Credit™**.

ABIM-MOC Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

ABP-MOC - Successful completion of this CME activity, which includes participation in the activity, with individual assessments of the participant and feedback to the participant, enables the participant to earn a maximum of 7 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABP MOC credit.

A score of 70% or better is required in the evaluation instrument to qualify for ABIM-MOC and ABP-MOC credit.

ABA-MOC This activity contributes to the CME component of the American Board of Anesthesiology's (ABA) redesigned Maintenance of Certification in Anesthesiology™ (MOCA®) program, known as MOCA 2.0®. Please consult the ABA website, www.theABA.org, for a list of all MOCA 2.0 requirements.

Who Should Attend? - Physicians and other Medical Professionals who seek to be well-informed on yoga therapy as a non-invasive alternative for health management.

Purpose/Goal: To enable participants to understand potential use of yoga as therapy, and consider further education and application in healthcare practice.

Objectives: Upon completion of the course, participants should be able to:

- Identify the information on the extent of non-invasive yoga practices available for patients' health management. [Develop awareness of yoga therapy as a health management tool.]
- Describe the basis of yoga as a mechanism of healthcare for patient counseling.
- Evaluate considerations to bring yoga therapy into physician practice..
- Distinguish resources available to advance education on yoga therapy and complementary medicine for patients' health management.

Format: Lecture Presentation; Demonstration; Practice; Question-Answers.

Sponsor Accreditation: This activity has been planned and implemented in accordance with the Essentials and Policies of the Accreditation Council for Continuing Medical Education by Life in Yoga Institute, Inc. Life in Yoga Institute, Inc is accredited by the ACCME to provide continuing medical education for physicians.

Credits: Life in Yoga Institute, Inc designates this educational activity for a maximum of *7 AMA PRA Category 1 Credits™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Location: Hayes Mansion, 200 Edenvale Avenue, San Jose, CA 95136.

Disclosure: All speakers participating in CME activities sponsored by the Life in Yoga Institute are expected to disclose to the audience any real or apparent conflict(s) of interest related to the content of their presentation(s). Full disclosure of speaker relationships will be made before or during the activity as needed. Those expecting to discuss "off-label" drug usage must identify that portion of the presentation as being related to "off-label" use of drugs.

Disclaimer: Life in Yoga Institute and their staffs are not responsible for injury or illness resulting from use of medications or modalities of treatment discussed during this educational activity.

CME Director: C. Rajan Narayanan, PhD, Executive Director, Life in Yoga Institute

Faculty: Indranill Basu-Ray, MD; C. Rajan Narayanan, PhD, C-IAYT

All planners, faculty/speakers and Course Director have disclosed that they have no financial relationships with any commercial interests.

SCHEDULE
8:30 am to 6:00 pm

- T** Research Report and Extent of Application of Yoga As Medicine
- O** Physiological Understanding of the Mechanism of Yoga
- P** Philosophy of Yoga and its Relevance for Understanding Health
- I** Preparing to Bring Yoga Therapy in Clinical Practice With Understanding of Application to Chronic Diseases
- C** PRACTICE: Spinal Alignment – discussion of importance of Spine and relationship to Brain
- S** PRACTICE – Introduction to meditation with appropriate breathing practices

FOR ADDITIONAL INFORMATION Contact: Dr. Rajan Narayanan at 301-526-8308 or narayanan@lifeinyoga.org.

APPLICATION OF YOGA AS MEDICINE

1-Day Course, Sunday, November 4, 2018, 7:20 am to 5:30 pm, Dublin, CA

Life in Yoga Institute, Inc is accredited by the ACCME to provide continuing medical education for physicians. This activity has been approved for **AMA PRA Category 1 Credit™**.

ABIM-MOC Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

ABP-MOC - Successful completion of this CME activity, which includes participation in the activity, with individual assessments of the participant and feedback to the participant, enables the participant to earn a maximum of 21.5 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABP MOC credit.

A score of 70% or better is required in the evaluation instrument to qualify for ABIM-MOC and ABP-MOC credit.

ABA-MOC This activity contributes to the CME component of the American Board of Anesthesiology's (ABA) redesigned Maintenance of Certification in Anesthesiology™ (MOCA®) program, known as MOCA 2.0®. Please consult the ABA website, www.theABA.org, for a list of all MOCA 2.0 requirements.

Who Should Attend? - Physicians and other Medical Professionals who seek to be well-informed on yoga therapy as a non-invasive alternative for health management and wish to take the next step towards its application in practice.

Purpose/Goal: To enable participants to understand potential use of yoga as therapy, and consider further education and application in healthcare practice.

Objectives: Upon completion of the course, participants should be able to:

- Implement lifestyle assessments in patient evaluation based on understanding of yoga.
- Evaluate the complexities of yoga therapy for specific disorders for patient-centered holistic recommendations.
- Prepare for limited implementation of yoga therapy in practice.

Format: Case Studies, Practice, Demonstration, Lecture, Question-Answers.

Sponsor Accreditation: This activity has been planned and implemented in accordance with the Essentials and Policies of the Accreditation Council for Continuing Medical Education by Life in Yoga Institute, Inc. Life in Yoga Institute, Inc is accredited by the ACCME to provide continuing medical education for physicians.

Credits: Life in Yoga Institute, Inc designates this educational activity for a maximum of **7 AMA PRA Category 1 Credits™**. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Location: Yoga Sukham, 7001 Village Pkwy, Dublin, CA 94568.

Disclosure: All speakers participating in CME activities sponsored by the Life in Yoga Institute are expected to disclose to the audience any real or apparent conflict(s) of interest related to the content of their presentation(s). Full disclosure of speaker relationships will be made before or during the activity as needed. Those expecting to discuss "off-label" drug usage must identify that portion of the presentation as being related to "off-label" use of drugs.

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CME Director: C. Rajan Narayanan, PhD, Executive Director, Life in Yoga Institute

Faculty: C. Rajan Narayanan, PhD, Executive Director, Life in Yoga Institute

All planners, faculty/speakers and Course Director have disclosed that they have no financial relationships with any commercial interests.

SCHEDULE
7:20 am to 5:30 pm

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- Yoga session with practices used for therapeutic purposes – Practice session
- Application of Yoga As Holistic Medicine – lecture and Q/A
- Yoga for Stress Reduction, Vitality and musculo-skeletal Pain Conditions – case discussions and demonstration
- Impact of Vagal Stimulation in a variety of disorders like planter fasciitis, diabetes, pain conditions, and sleep disorders, etc. – case discussions and demonstration
- Yoga Therapy for Cardiovascular Disorders – case discussions and demonstration
- Yoga Therapy for Asthma – case discussions and demonstration
- Yoga Therapy for Diabetes and Obesity – case discussions and demonstration
- Preparing to Implement Yoga Therapy in Practice – summary lecture, demonstration/practice & Q/A

Joint Course Registration Form

CHECK THE COURSE/S YOU ARE REGISTERING HERE and select the right fees below. [Note each course is in a different location.]

Yoga As Medicine, Saturday November 3, 2018 [For Course Curriculum](#) [Click Here](#)
at the Hayes Mansion, 200 Edenvale Avenue, San Jose, CA 95136, (408) 226-3200

Application of Yoga As Medicine, Sunday November 4, 2018 [For Course Curriculum](#) [Click Here](#)
at the Yoga Sukham, 7001 Village Pkwy, Dublin, CA 94568

Please Print:

Name _____ Email _____
(First Name) (Middle) (Last Name)

Address _____
(Street Address including unit/suite #) (City/State) (Zipcode)

Phones _____ Specialty _____
Daytime Evening Other of Physician or Other Healthcare Professional

COMPUTE YOUR PAYMENT for [the two courses](#)

Course Attendance Fee for YOGA AS MEDICINE:

\$385 Physicians \$325 Non-Physicians \$295 Full-time Students & Medical Residents _____

Course Attendance Fee for APPLICATION OF YOGA AS MEDICINE:

\$305 Physicians \$245 Non-Physicians \$215 Full-time Students & Medical Residents _____

Check Discounts that Apply:

\$50 Early Registration Discount for Nov 3 course (Applies for Registrations by July 31, 2018) - _____

\$40 Early Registration Discount for Nov 4 course (Applies for Registrations by July 31, 2018) - _____

\$20 Additional discount for registering for both courses and paying together - _____

\$5 Discount for mailing check instead of paying by credit card for Nov 3 course - _____

\$5 Discount for mailing check instead of paying by credit card for Nov 4 course - _____

TOTAL PAYMENT: (See instructions below for check or credit card payment) _____

CHECK PAYMENTS: Make check payable to: Life in Yoga Institute Inc **and mail to Life in Yoga Institute, Attn: Dr. Narayanan, 1111 University Blvd West, #1306, Silver Spring, MD 20902**

CREDIT/DEBIT CARD PAYMENTS - Email this completed form to : narayanan@lifeinyoga.org and you will receive a paypal invoice to complete payment.

WEB REGISTRATION - [Click Here](#) or go to <http://lifeinyoga.org/Home/CMEMedicalPrograms>.

QUESTIONS: Phone: 301-526-8308; Email: narayanan@lifeinyoga.org

REFUND POLICY

Until 31 days before the course, there is full refund of the COURSE FEE, except for a refund processing fee of \$50. After that there will be no refunds of the Course Fee. However, substitution by another participant will be allowed. (If both courses are registered and paid together, there is only one refund processing fee of \$50. If they are registered and paid separately, the refund processing will be two separate \$50.)

KEEP A COPY OF THIS REGISTRATION FORM FOR YOUR RECORDS