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## APPLICATION OF YOGA AS MEDICINE

### 1-Day Course, Saturday, November 2, 2019, 8:30 am to 6:00 pm, Glendale, AZ

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](http://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 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.
- Describe the philosophy -- basis of yoga and traditional medicine systems -- for therapeutic purposes and for health maintenance;
- Demonstrate and teach practices for stress management, cardiac and musculoskeletal health;
- Recognize considerations for bringing yoga therapy into physician practice

**Format:** Lecture Presentation; Case-Studies, 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:** 3575 W Deer Valley Rd, Glendale, AZ 85308.

**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:** 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**

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- Relevance of Yoga in Medicine – Review of Scientific Research, Yoga Philosophy, Traditional Medicine systems, and application potential in modern medicine**
- Research Review and Case Studies for selected Cardiovascular and Musculo-skeletal Disorders**
- PRACTICE: Overview of Yoga Practices with emphasis on Spinal Alignment, a variety of Breathing Practices with specific benefits and meditative approaches**

**FOR ADDITIONAL INFORMATION Contact:** Dr. Rajan Narayanan at 301-526-8308 or [narayanan@lifeinyoga.org](mailto:narayanan@lifeinyoga.org).

# Registration Form

COURSE: Application of Yoga As Medicine, Saturday November 2, 2019  
at Agave Pediatrics, 3575 W Deer Valley Rd, Glendale, AZ 85308

**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 APPLICATION OF YOGA AS MEDICINE**

**Course Attendance Fee:**

- \$168 Physicians  \$128 Non-Physicians  \$118 Full-time Students & Medical Residents . . . . . \_\_\_\_\_
- \$30 Early Registration Discount (Applies for Registrations by August 16, 2019) . . . . . - \_\_\_\_\_
- \$3 Discount for mailing check instead of paying by credit card . . . . . - \_\_\_\_\_

**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](mailto: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](mailto: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.

In the event of unforeseen circumstances that require cancellation of the course, the limit of liability will be 100% refund of fees without any processing costs.

**KEEP A COPY OF THIS REGISTRATION FORM FOR YOUR RECORDS**