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Life in Yoga Institute

1111 University Blvd West, #1306
Silver Spring, MD 20902
301-328-3845; 301-526-8308; narayanan@lifeinyoga.org

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OVERVIEW OF YOGA THERAPY FOR HEALTHCARE PROVIDERS

4-Day Course 2017 (offered twice) May 5-8, September 8-11

Friday-Saturday-Sunday-Monday In Linthicum Heights, Maryland

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™.

Successful completion of this CME activity, which includes success (70%+) in the evaluation component, enables the participant to earn up to 24 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.

Who Should Attend? - Physicians and other Medical Professionals who seek to be well-informed on yoga therapy as a non-invasive alternative, and those who plan on recommending patients to yoga practice 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.
- Locate the information on the extent of non-invasive yoga practices available for patients' health management.
- Develop competency to talk about yoga to their patients as a health management tool.
- Develop competency in simple techniques of yoga that can be applied for patients' disease care and health management.
- Distinguish resources available to advance education on yoga therapy and complementary medicine.
- Prepare to undertake further training to develop a high degree of expertise in yoga therapy.

Format: Presentation of Theory and Research History with Current Updates; Case Studies; Demonstration; Practice.

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 24 *AMA PRA Category 1 Credits*™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Location: The Conference Center at the Maritime Institute, 692 Maritime Blvd, Linthicum Heights, MD 21090; phone-(410)859-5700; www.ccmi.org.

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.

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

Faculty: Sat Bir Khalsa, PhD; Rajan Narayanan, PhD; Dilip Sarkar, MD., FACS, CAP.

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

Topics and Schedule (subject to minor changes)

<p>Friday 6 pm to 9 pm</p> <ul style="list-style-type: none">• Intro to Yoga Therapy <p>Saturday 6:15 am to 6:15 pm</p> <ul style="list-style-type: none">• Practice Session 1 – Yoga Observances & Techniques• Philosophy of Yoga & Yoga Therapy Models• Psychophysiology of Yoga• Yoga Therapy Research Report• Practice Session 2: Breathing Techniques to Revitalize• Intro to Gentle Yoga & Meditation –Theory & Practice Session 3	<p>Sunday 6:15 am to 6:15 pm</p> <ul style="list-style-type: none">• Practice Session 4: Complete Gentle Yoga – a practice for all• Anatomy, Physiology and Use of Yoga as Medicine• Ayurveda and Complementary Practices of Yoga Therapy <p>Monday 6:15 am to 1 pm</p> <ul style="list-style-type: none">• Practice/Demo Session 5: Mudras and Kriyas• Case Discussions of Yoga Therapy by Specific Disease Areas -Metabolic Syndrome, Cardiovascular System, Respiratory System, Musculoskeletal System (Back-Pain & Arthritis), Neurological, Cancer• Practice Session 6: Integrated Practice with Cyclical Rhythmic Breathing• Theory & Practice 7: Complete Practice of Gentle Yoga• Preparing to Bring Yoga Therapy into Your Clinical Practice
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REVIEW DETAILED CURRICULUM at Contact: http://lifeinyoga.org/App_Downloads/Curriculum2017.pdf .

FOR ADDITIONAL INFORMATION Contact: Dr. Rajan Narayanan at 301-328-3845 or 301-526-8308 or narayanan@lifeinyoga.org.

Registration Form

COURSE: Overview of Yoga Therapy for Healthcare Providers, 2 offerings in 2016
at the Maritime Institute Conference Center, Linthicum Heights, MD (Close to BWI Airport)

Please Print:

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

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

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

Compute your Payment for May 5-8, 2016 Sep 8-11, 2016

Course Attendance Fee: \$745 Physicians \$645 Non-Physicians \$545 Full-time Students/Medical Residents _____

\$50 Early Registration Discount (Applies for Registrations 120 days before the course beginning) - _____

\$25 Discount for Society of Yoga Therapy physician members (medcalyoga.org) - _____

\$15 Discount for mailing check instead of paying by credit card - _____

BASIC COURSE ATTENDANCE FEE AFTER DISCOUNTS: _____

Additions as Applicable:

\$85 Optional Binder with presentations (Course presentations will be available as free pdf documents to download) + _____

\$60 Late Registration FEE (35 days before until day of the course) + _____

Lodging Payments (complete worksheet below & fill in here) + _____

TOTAL PAYMENT: (Make check payable to: Life in Yoga Institute Inc. OR Ask for Paypal Invoice) _____

Address envelope & mail to: Life in Yoga Institute, Attn: Dr. Narayanan, 1111 University Blvd West, #1306, Silver Spring, MD 20902

Phone: 301-328-3845 or 301-526-8308 **Email this completed form to :** narayanan@lifeinyoga.org to pay by credit card (Paypal)

WEB REGISTRATION

At: https://docs.google.com/forms/d/e/1FAIpQLSc-RomCOv3vxhMTIgNj6gloSEcpYLvvYIUCMqaeBnyRIFm5Vw/viewform?usp=send_form - web registration. Upon registration, you can pay by credit card or receive a Paypal invoice or after registration to ensure your seat, mail this form with check and take the \$15 discount.

REFUND POLICY

Until one month before the beginning of the course, there is full refund of the BASIC COURSE ATTENDANCE FEE, except for a refund processing fee of \$50. After that there will be no refunds of the Basic Course Attendance Fee. Substitution by another participant will be allowed.

All Additional payments are fully refundable until 48 hours before the beginning of the course.

MULTIPLE REGISTRANTS

Those who plan to lodge in the same room may register and pay on one form. If space is not available for the full name, etc., a separate sheet may be added.

KEEP A COPY OF THIS REGISTRATION FORM FOR YOUR RECORDS

MARYLAND TRAVEL & LODGING

Lodging at Maritime Institute Conference Center can be requested through this registration form or it can be done directly by calling 410-859-5700. Check www.ccmi.org. The facility includes the cost of dinner (and breakfast) in their charges. Rooms come with a single queen bed and two queen beds. Multiple occupancy rooms will be with two beds.

Single occupancy is \$145/night + 13% for state and county taxes = \$164 Double Occupancy is \$190/night + 13% for state and county taxes = \$215

Lodging space and rate is guaranteed until 30 days before the course. Thereafter it is on a space available basis. Check in after 3 pm; Check out by 11 am.

Parking & Airport Access: Free parking at the Maritime Conference Center in Maryland. For those flying into BWI airport, they will provide free shuttle pick-up from the airport. Free shuttle is also available for light rail to Baltimore and Amtrak/Marc train on the Northeast Corridor line.

Other Charges: At the time of check-in, lodging facility may ask for credit card to cover charges related to optional services (laundry, etc.) beyond room cost, even if room costs are prepaid here.

LODGING WORKSHEET (Applicable only for Early and Regular Registration for 1 or 2 occupants – Late registrants & those with additional occupants should call hotel directly)

Check in date and approximate time: _____ **Check out date:** _____ **# of Nights Stay:** _____

Nightly rate of Chosen Room Option \$164 \$215 **Enter checked box amount here** \$ _____

Total Prepayment for Room (and for Maryland dinner as well) – multiply # of nights by room rate and enter it here >>> \$ _____
Transfer this number in the 'Lodging Payments' section in the Registration form above and enter into total payment computation.