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# Life in Yoga Institute

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## OVERVIEW OF YOGA THERAPY FOR HEALTHCARE PROVIDERS

3-Day Course 2018 September 21-23 (Fri-Sun)

Friday-Saturday-Sunday 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™.

**ABIM-MOC** Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 21.5 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](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, 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 21.5 *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.ccm.it.org](http://www.ccm.it.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, C-IAYT; Dilip Sarkar, MD., FACS, CAP, C-IAYT.

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)

#### Friday, 10:00 am to 6:15 pm

- Psychophysiology of Yoga
- Yoga Therapy Research Report
- Practice Session 1: Breathing Techniques to Revitalize
- Intro to Gentle Yoga & Meditation –Theory & Practice Session 2

#### Saturday 6:15 am to 6:15 pm

- Practice Session 3: Simple Yoga Therapy Routine
- Anatomy, Physiology and Use of Yoga as Medicine
- Ayurveda and Complementary Practices of Yoga Therapy
- Practice/Demo Session 4: Mudras and Kriyas

#### Saturday Continued

- Case Discussions of Yoga Therapy by Specific Disease Areas -Metabolic Syndrome, Cardiovascular System, Respiratory System, Musculoskeletal System (Back-Pain & Arthritis), Neurological, Cancer
- Practice Session 5: Integrated Practice with Cyclical Rhythmic Breathing

#### Sunday 6:15 am to 4 pm

- Theory & Practice 6: Complete Practice of Gentle Yoga
- Yoga Philosophy and Application of Yoga Therapy Models
- Practice Session 7: Practice Review and Case Discussions
- Preparing to Bring Yoga Therapy into Your Clinical Practice

REVIEW DETAILED CURRICULUM at :[http://lifeinyoga.org/App\\_Downloads/Curriculum2018.pdf](http://lifeinyoga.org/App_Downloads/Curriculum2018.pdf) or [Click Here](#)

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

# Registration Form

COURSE: Overview of Yoga Therapy for Healthcare Providers Sep 21-23, 2018  
at the Maritime Institute Conference Center, Linticum 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

**Course Attendance Fee:**

- \$735 Physicians (\$650 with early registration discount by May 31) . . . . . - \_\_\_\_\_
- \$650 Non-Physicians (\$580 with early registration discount by May 31) . . . . . - \_\_\_\_\_
- \$550 Students and Medical Residents (\$495 with early registration discount by May 31) . . . . . - \_\_\_\_\_
- \$15 Discount for mailing check instead of paying by credit card . . . . . - \_\_\_\_\_

**BASIC COURSE ATTENDANCE FEE AFTER DISCOUNTS:** \_\_\_\_\_

**Additions as Applicable:**

- \$95 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:** 301-526-8308 **Email this completed form to :** [narayanan@lifeinyoga.org](mailto:narayanan@lifeinyoga.org) **to pay by credit card**

**WEB REGISTRATION**

**At:** <http://lifeinyoga.org/Home/CMEMedicalPrograms> - Upon registration, you can pay by credit card or receive a Paypal invoice or 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](http://www.ccmi.org). The facility includes the cost of dinner (and breakfast) in their charges and lunch is included in the course fee for the three days. Rooms come with a single queen bed and two queen beds. Multiple occupancy rooms will be with two beds.

Single occupancy is \$149/night + 13% for state and county taxes = \$168 Double Occupancy is \$194/night + 13% for state and county taxes = \$219 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** \$168 \$219 **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.