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Course Curriculum
Details

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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Web Registration

Yoga As Medicine

1-Day Course, Sunday, February 18, 2018 8:30 am to 6:00 pm

Rockville/Potomac, MD

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*TM.

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:

- Describe the fundamental concepts, principles, and philosophy behind the practice of and implementation of mind-body medicine and yoga therapy specifically
- Describe the potential of yoga therapy as a complementary evidence-based medical practice in primary prevention and therapeutic care for chronic diseases;
- Describe the research evidence of the psychophysiological impact of yoga;
- Describe the research evidence of applications for preventive and therapeutic medicine

Format: Lecture Presentation; Demonstration-Practice; Discussion; 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*TM. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Location: Lakewood Country Club, 13901 Glen Mill Rd, Rockville, MD 20850. **Free Self or Valet Parking available on-site.**

Disclosure: All speakers and planners 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, Life in Yoga Institute

Faculty: Sat Bir Khalsa, PhD; C. Rajan Narayanan, PhD

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

Topics and Schedule (subject to minor changes) from 8:30 am to 6 pm

- Yoga Philosophy and Relevance of Yoga in Healthcare
- Simple Practice of Spinal Alignment and Deep Breathing Practices
- The Science and Psychophysiological Mechanisms Underlying Yoga Practice and the Rationale as a Therapeutic Intervention
- Review of Clinical Research and Evidence Base for Yoga as Preventive and Lifestyle Medicine
- Additional Breathing, Mudras and Meditative Practices
- Considerations for Bringing Yoga Therapy into Medical Practice

FOR ADDITIONAL INFORMATION

Contact: Rekha Uppal: Phone: 301-580-7758, Email: uppal.rekha@gmail.com.

CME Director Dr. Rajan Narayanan can be reached at narayanan@lifeinyoga.org.

\$15 Early Registration Discount for Registrations by January 20, 2018.

REGISTER with weblink above or at <http://lifeinyoga.org/Home/CMEMedicalPrograms>

Course Attendance Fee: \$250 Physicians (CME credits) \$160 Non-Physicians, Medical Residents/Students (no CME credits)

REFUND POLICY: Until 10 days before the beginning of the course, there is refund of the COURSE FEE, except for a refund processing fee of \$45. After that there will be no refunds of the Course Fee - Substitution by another participant will be allowed.

CANCELLATION POLICY: If Life in Yoga cancels the course for any reason, weather or otherwise, fee will be fully refunded.