

## **Life in Yoga Institute's Individualized Yoga Therapy CME Program**

This program enables a participant to bring Yoga Therapy into their professional practice with individualized guidance and actual patient interaction over a period of one or two years.

**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™.**

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

**Disclosure:** All faculty/speakers/mentors 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 faculty/speaker/mentor relationships will be made before or during the activity as needed, including in this very document. Those expecting to discuss “off-label” drug usage must identify that portion of the presentation/discussion 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.

All the MOC credits for the organizations below will be submitted through PARS, which is the login access provided by ACCME for ACCME accredited providers

***ABIM-MOC Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn commensurate 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 commensurate MOC 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.***

### **PROGRAM OUTLINE**

Except for direct practice of yoga therapy on patients which will be done in person, all other parts of the learning will be done remotely with video and reading materials and

discussions will be conducted over phone or video call. For each section, evidence of learning will be in the form of written summaries (or in some cases a quiz).

The program is undertaken in two steps:

- Defining gaps and charting learning plan based on introductory overview lecture and discussion (max 2.5 hours). [This can be substituted by Life in Yoga one-day Intro course which may be offered once or twice a year.]
- Thereafter executing the plan – 41 required hours with additional elective of up to 30 hours. (The required 41 hours covers 12 hours of practice, 3 hours of training in patient management and counseling, 10 hours in relevant case reviews, and 16 hours of application on patients and documenting patient outcome.)

Credits will be awarded commensurate with the hours of learning only for the content where there is some form of evaluation in the form of written answers or quiz. If a learner quits in the middle of a learning session where evaluation is not yet completed, such hours will not count for CME.

Course Content Overview:

1. Introductory Overview (2 hours) – Participant watches Online Video of “Relevance of Yoga in Medicine” in about an hour (or more if rerun is required for further understanding), and then engages in a one-on-one phone/video call/email exchange discussion to decide what gaps s/he sees in her/his knowledge, competence, performance and patient outcome relative to application of Yoga Therapy in practice.
2. Submission of Gap Analysis (0.5 hour) – Participant submits a written statement of gap/s and outlines a plan for study by each elective area and application on patients.
3. Elective Subject Areas (up to 30 hours for concepts + up to 12 hours for practice) – These are areas selected by participant for discussion and practice (E.g. for Cardiology applications OR Pain management OR Sleep Disorders OR Respiratory disorders OR Metabolic disorders OR Mental health, etc.) There will be assigned readings for research review, and discussions including traditional medicine/lifestyle approaches. Also there will be demonstration and training of specific yoga practices.  
Principal reading will be “The Principles and Practice of Yoga in Health Care”  
Editors: Sat Bir Khalsa, Lorenzo Cohen, Timothy McCall and Shirley Telles  
For each hour participant will be required to provide a write up summary of the learning and how it applies to practice.  
There will be up to 12 hours of practice sessions by video calls or if possible in person
  - (a) Physical practices (chair based) – 4 hours
  - (b) Breathing practices – 4 hours

- (c) Meditative practices – 4 hours
- 4. Patient Management and Counseling – 3 hours
  - (a) Behavioral Management
  - (b) Lifestyle Counseling – input review and parameters for counseling
  - (c) Billing
- 5. Case Reviews – up to 10 hours  
Based on patient composition of practice, participant will choose relevant areas of cases to study.
- 6. Application of Yoga Therapy (16 to 24 hours) - Working with 4 to 6 patients with written reports of patient assessment, application of therapy, follow-up and documenting patient outcome after 3 months. 4 hours per patient is provided for initial consulting, all necessary follow-up, and documenting. At least 4 of the 4 to 6 patients must be patients who are not responding well to conventional treatment and have limited alternatives.

### **PROGRAM FACULTY**

The program director, Dr. Rajan Narayanan who serves as Executive Director of Life in Yoga Institute, and also as the chief clinician and researcher, will also serve as the coordinating and chief faculty. Dr. Dilip Sarkar, Chair of the Life in Yoga Institute Board, and Dr. Marsha Billes, Director in the Board of Life in Yoga Institute may serve as additional faculty for discussing specific areas of discussion and specific case experiences.

**Dr. Dilip Sarkar, Dr. Marsha Billes and Dr. Rajan Narayanan have disclosed that they have no financial relationships with any commercial interests**

#### **C. Rajan Narayanan, Ph.D., Executive Director & CME Director, Life in Yoga Institute and Foundation**

Dr. Narayanan is a founder and inspiration behind Life in Yoga Foundation and Institutes, non-profits formed and active in the Washington metro area. He was visionary behind getting CME accreditation for Life in Yoga and serves as its CME Director. He serves as the chief clinician operating clinics in Maryland, Texas, Arizona and Delaware in the United States with the help of locally trained therapists and physicians.

Over the last few years he has been working on techniques of instant measurability of impact on yoga practices using Electro-Photonic Imaging (Bio-well machine). His key publication *Bioenergy and its Implication for Yoga Therapy* can be accessed through the National Library of Medicine (PubMed):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5934952/>

He began with measurements with Electro-Acupuncture tools (used to measure meridian flows of Chinese Medicine) in 2010. Over 2011-12 he completed a research

project to measure vitality through electrical conductance in collaboration with SVYASA University in India. In 2012, he also worked with the Pulmonology practice of Dr. U. Nanavaty to begin case studies on COPD that are continuing into 2013. He completed a pilot study on Obstructive Sleep Apnea in collaboration with Dr. Harminder Kaur of Clarksburg Medical Center in 2013-14. End of 2014, he developed measurability with Electro-Photonic Imaging, which has now become part of Life in Yoga's practice method called Measured Yoga Therapy. With this technique in the second half of 2016 he was able to reverse Chronic Fatigue Syndrome of a subject who was suffering for 35 years and had spent 30 years exploring yoga options with many reputed institutions without success. More recently he has been working on difficult conditions of cardiovascular health like mitral valve regurgitation and angina pain, as well as revival of kidney functionality.

He began teaching Raaja Yoga in Washington area temples in January 1998, after Swami Bua of New York City completed a two week course in Hatha Yoga and Praanayaama. He has been a practitioner of Raaja Yoga since 1981 when he learned TM from Maharishi Mahesh Yogi's Institute. Thereafter between 1993 and 1995 he completed coursework on Hatha Yoga, Praanaayaama, and other Raaja Yoga practices at the Satchidananda Ashram in Yogaville, Virginia. While including a regimen of Hatha Yoga practices since then in his Raja Yoga routine, he has also been a student of Vedas and other Hindu scriptures. After a two week rigorous course in Sri Siva Vishnu Temple that was led by Swami Bua in 1998, starting initially as a weekly continuation of the Yoga practices, he started teaching new participants as well. Periodically various Yoga teachers and exponents from India and other parts of the US have visited these sessions.

In 1998 he became a Reiki Master and subsequently learned Kriya Yoga techniques of the Lahiri Mahashay lineage. In his exposition, he views all these techniques as part of the Asthanga Yoga Sutras of Patanjali or the Six Steps propounded by Gorakhnath, which he has refined in modern day terms in the Five Fold Functional Exercises (Physical, Breath, Vibration, Thought and Observation) taught by the Life in Yoga Foundation. Therefore the focus is on spiritual upliftment, although the physical and mental benefits are desirable by-products. Understanding of exercise physiology and the single-point focus stressed by Patanjali evolved into the 5 by 3 by 1 approach, where the 5 refers to the functional exercises, the 3 refers to formats and the 1 to the one-pointed focus.

Outside the field of Yoga, Dr. Narayanan has worked as a marketing consultant and has served as an adjunct faculty in the business school of Georgetown University and other local Universities. Prior to that, in New York he has worked for American Express and BBDO Worldwide in roles of marketing analysis and strategic marketing. He was a full time faculty at the State University of New York at Cortland from 1985-87. He has Ph.D. in Economics from the State University of New York at Stony Brook. His training in medical sciences was helped by a the experience of two semesters of a mini-medical course in Georgetown University Medical school in 2011-12 and the association of physicians in clinical practice, as well as self-learning through videos and texts.

He has developed many techniques that make yoga therapy workable sitting on a chair without a yoga mat.

### **Dilip Sarkar, M.D., FACS, CAP – Chairman of Board, Life in Yoga Institute**

Dr. Dilip Sarkar is an expert in Yoga Therapy who combines his 45-year experience in Conventional Medicine with his knowledge of Integrative Medicine, Ayurveda and Yoga Therapy. Dr. Sarkar completed his Surgery internship and residency at St. Joseph Mercy Hospital in Michigan. Thereafter he underwent a fellowship in Cardiovascular Surgery at the Arizona Heart Institute in Phoenix.

He was formerly an Assoc. Prof. of Surgery at Eastern Virginia Medical School in Norfolk, Virginia, and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital. He is a Fellow of the American College of Surgeons, American Association of Integrative Medicine (AAIM) and other esteemed societies. In 2010, in Life in Yoga Institute in collaboration with Howard University College of Medicine, he was a key member of the initiating team that started the first category one ACCME approved CME course in USA on Yoga Therapy for Medical Professionals. Dr. Sarkar has served the Commonwealth of Virginia as an advisor to the Governor's office. He serves on the American Heart Association Board, Hampton Roads, Virginia Chapter, as member, past chairman and president. He actively promotes the performing arts and cultural enrichment activities throughout Virginia.

Dr. Sarkar developed a profound interest in Ayurvedic medicine. His Ayurvedic training includes the Emerson Theological Institute Dhanvantari Ayurvedic Center. He is retired from medical practice to devoted time to the study of ancient approaches to healing and wellness, both in the Tidewater area of Virginia and in India. Now a Certified Ayurvedic Practitioner, Dr. Sarkar continues to teach classes in Yoga Therapy, Ayurvedic wellness, and Integrative Medicine. He is a registered yoga teacher, and actively teaches Yoga Therapy at several venues locally in Virginia, nationally and internationally.

Through news, radio, and television, Dr. Sarkar has educated countless individuals on subjects related to heart disease, medical research, and Yoga Therapy. Over the years, his talks have spanned from research in vascular surgery to stress management to yoga therapy to Patanjali's Yoga Sutras.

He serves on several healthcare boards and is a Life Member of NAMA (National Ayurvedic Medical Association), former President of IAYT (International Association of Yoga Therapists), and Fellow of AAIM (American Association of Integrative Medicine). He is a Certified Ayurvedic Practitioner, and teaches classes in Yoga Therapy, Ayurvedic wellness, and Integrative Medicine. In 2016 he authored a book entitled Yoga Therapy, Ayurveda, and Western Medicine: A Healthy Convergence.

Currently, he is the Chairman, School of Integrative Medicine, Taksha University, Hampton, Virginia, and the Chair of the Board of the Life in Yoga Institute.

### **Marsha Billes, DO, Director, LIY Institute**

Dr. Marsha Billes is a dedicated and compassionate Family Physician who has been successful at combining traditional and integrative medicine to reduce chronic disease and promote wellness. She is Board Certified in Family Practice, and Integrative Medicine and she is also Certified by the International Association of Yoga Therapists. She has been using Yoga Therapy and Measured Yoga Therapy in her practice as an additional modality for assessing the health of her patients- both individually as well as teaching chair yoga therapy in a group for the past three and a half years.

Dr. Billes graduated from Michigan State University College of Osteopathic Medicine in 1989 and did her Internship and Family Practice Residency at Beaumont-of Farmington Hills in 1990-1992. She was also Chief of Staff at Beaumont-Farmington Hills (previously known as Botsford Hospital) in 2003. She continues to serve as an Associate Clinical Professor through MSU-COM. She thoroughly has enjoyed teaching medical students and P. A students and she has spent 26 years in private practice. Dr. Billes has also been a National Speaker on Diabetic Neuropathy and treatment with forms of methylated folate. She currently practices at The Beaumont Weight Control Center in Canton , Michigan as well as supervising the Wellness Program at Envision Health -a program which she actually helped develop.

She is also doing Integrative Medicine consults there in addition to using Yoga Therapy. These techniques have helped lower blood pressure, stress and hemoglobin a1c levels as just a few benefits that Yoga as Medicine can provide.

Dr Billes also serves as a Director on the Board of Life In Yoga Institute and she continues to work with Dr Rajan Nayarayan using the Biowell machine which uses photonic imagery to assess stress, vitality and energy levels and organ system balance using pre and post readings with Yoga therapy techniques.

She is very excited about sharing these various modalities which have been life changing for her patients and have enhanced her life personally.

### **COSTS AND CREDIT CERTIFICATION**

The fee for this program is per credit based (\$95 per credit), and cost of out-of-pocket expenses related to travel for working with patients of individual learners at their site. Payment scheduling is as follows:

- Upon registering for this program, a payment for 10 credits (\$950) would be made.
- Upon extending the learning after 10 credits, an additional payment of \$950 will be made for the next 10 credits, and so on and so forth until the program is completed.
- If the learner terminates the program at any time before completion, credits for content where evaluation has taken place will be awarded. However, fee will be based on content rendered (if it is more than the content that was evaluated). Remaining fees, if any, will be refunded.

- For the last part of the program where the learner works with their patients under supervision, the cost of travel related expenses to the learner location will be billed at cost with presentation of receipt.
- Awarding of credits through the PARS system of ACCME will be done during one of the following timings:
  - Closure of the calendar year where evaluated credits will be submitted;
  - OR prior to that if the learner needs credits for their license renewal, and evaluated credits at that time can be awarded.
- If program is continued beyond a year, credits for each year will be submitted at the end of the year or at the completion of the program whichever is sooner.

### **REGISTRATION AND QUESTIONS**

To register and to answer any questions, please email [narayanan@lifeinyoga.org](mailto:narayanan@lifeinyoga.org) or call 301-526-8308.