

OVERVIEW OF YOGA THERAPY FOR HEALTHCARE PROVIDERS – offered twice in 2021 on weekends May 22-23 & Sep 11-12



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 15 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

Credits: Life in Yoga Institute, Inc designates this educational activity for a maximum of 15 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Location: Live Internet Course over Zoom. It is the individual responsibility of each participant to ensure adequacy of internet and computer system availability.

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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.

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.

FOR ADDITIONAL INFORMATION

Contact:

Dr. Anju Preet at 571-209-7336

or

anjupreet@gmail.com

PROGRAM FEE*: \$375 – allows PARTICIPANT to interact with presenters and get credit certification;

OBSERVERS can attend FREE OF COST*, but cannot ask questions or interact with faculty, and no certification is provided.

***Late fee of \$50 applies for all registrations 14 days or less before the event.**

Topics and Schedule

(subject to minor changes)

Saturday, 9:30 am to 7:00 pm

- ▶ PRACTICUM-1
- ▶ Place of Yoga in Medicine – Introductory Overview
- ▶ The Psychophysiology of Yoga: A Review of the Research & Science
- ▶ Overview of Yoga Research by Disease Categories
- ▶ Philosophy of Therapy
- ▶ Yoga Application in Therapy
- ▶ Simple Practices Relevant for Clinical Practice
- ▶ PRACTICUM-2

Sunday, 7 am to 5:30 pm

- ▶ PRACTICUM-3
- ▶ Hatha Yoga and Ayurveda Elements related to Yoga Practices
- ▶ Cases Presentations
- ▶ Bringing Yoga Therapy in Clinical Practice

Faculty/Presenters



Dilip Sarkar, M.D., FACS, CAP –
Founding Board
Member of Life in
Yoga Institute
Application of Yoga Therapy



Sat Bir Singh Khalsa, Ph.D.,
Assistant Professor
of Medicine at
Harvard Medical
School
Research Review



Anju Preet, Ph.D., Assistant
CME Director,
Life in Yoga
Institute
Mindfulness Meditation



Marsha Billes, DO
Chair, Life in Yoga
Institute Board,
Practicing Physician
Application of Yoga Therapy



Rajan Narayanan, PhD
Executive Director and
Chief Yoga Therapist of
Life in Yoga Institute
Application of Yoga Therapy

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

**To Register as
Participant or Observer
Click here**

**LATE REGISTRATION FEE FOR
PARTICIPANT & OBSERVER: \$50**
applied for registrants 14 days
before the event and thereafter.

Those registering as
Observers who choose to
become Participants
within the last two
weeks of the course will
be required to pay the
late fee of \$50.

REFUND POLICY:

Fees are
refundable up to
14 days before the
course with a \$25
processing fee.
Thereafter, no
refunds, but
substitution by
another
participant will be
allowed.

MAXIMUM LIABILITY:

Due to any circumstance if
program requires changes
or cancellation, maximum
liability is full refund of
fees.