

YOGA THERAPY: BREATH AS THE TRANSFORMATIVE POWER OF LIFESTYLE AND HEALTH –March 12, 2022



Life In Yoga

"BE IN THE MOMENT, WHERE LIFE EXISTS"

member of **CYA International**



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™.

Who Should Attend: Physicians and other Medical Professionals who seek to be well-informed on yoga therapy, specifically breathing practices, as complementary therapy and as preventive medicine for health maintenance, and would like to plan recommending to patients.

Purpose/Goal: To enable participants to understand potential use of breathing techniques in yoga as therapy and consider application in healthcare practice.

Objectives: Upon completion of the course, participants should be able to:

- ❖ Identify the effect of breath on the nervous system and its role in regulating stress.
- ❖ Develop competency to talk about yogic breathing practices for health maintenance and restoration.
- ❖ Develop competency in simple breathing techniques of yoga that can be applied for patients' disease care and health management.
- ❖ Identify the role of Electro-Photonic Imaging as a measurement tool.

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 4.75 *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: \$25 to attend and an additional \$100 to get credit certification.

\$25 will be charged at the time of registration and the credit certification fee may be paid after course attendance.

Topics and Schedule

(subject to minor changes)

Saturday, March 12, 2022

11:30 am to 5:15 pm

- ▶ Breath and the Nervous System – The Key Mechanism
– *Dr. Shubhangi Chumble*
- ▶ Breathing for Wellness
– *Dr. Nick Shroff*
- ▶ Mechanism and Application of Breathing Techniques in Yoga Therapy for Transforming Health and Lifestyle
– *Dr. Dilip Sarkar*
- ▶ Case Studies and Application in Clinical Practice with Electro-Photonic Imaging
– *Dr. Anjana Dhingra*
– *Dr. Rajan Narayanan*
- ▶ Practice Session
– *Dr. Rajan Narayanan*
- ▶ Panel Discussion & Question Answers
– *All Faculty*

Faculty/Presenters



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



Shubhangi Chumble, MD,
Practicing
Neurologist



Nick Shroff, MD, FACS, Urologist,
Health Care
Consultant, Yoga
& Efficient
Breathing
Practices teacher



Anjana Dhingra, MD
Pediatrician
trained in Yoga
Therapy



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

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

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REFUND POLICY:
Fee is non-refundable since the fee is nominal. Substitution by another person is allowed.

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