

Relevance and Methods of Yoga Application for Emotional Wellness in Current Pandemic Saturday, November 21, 2020

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 mental health implications of the COVID-19 pandemic and use of yoga therapy as a non-invasive integrative method.

Purpose/Goal: To enable participants to understand emotional health issues and potential use of yoga as a therapy in healthcare practice.

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

- Describe the role of stress in emotional disorders during COVID-19 pandemic.
- Recognize the personal and societal impact of emotional disorders
- Identify non-pharmacological approaches including yoga, for the management of anxiety, depression and insomnia
- Develop competency in simple techniques of yoga that can be applied for patients' wellness of mind and body
- Identify effective integrative approaches to clinical management.

Format: Presentation of Theory and Research; 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 8 *AMA PRA Category 1 Credits*™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Location: Zoom based internet video-call.

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: Bipin Solanki, MD, FRCS

Faculty: Jeffrey Rediger, MD, MDiv; Smita Patel, MD, DLFAPA; C. Rajan Narayanan, PhD, C-IAYT; Marsha Billes, DO, ABOIM, CYT-200, 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)

Month of November 2020

- Chair-based daily yoga sessions online

PRACTICE COVERS:

- Gentle Spinal Alignment - CNS impact
- Breathing Techniques focused on:
Vagal Stimulation and CNS/Vitality Stimulation
- Mantras – Vibrations: Chakra focused

November 21 12 noon to 4 pm Eastern USA time

LECTURE-DISCUSSIONS COVER:

- Role of Mind in Health Management
- Emotional Health During COVID-19
- Stress Reduction with impact on Emotional Health with Yoga tools
- Clinical Management
- Case Studies
- Question-Answers

FREE to attend. Donations welcome. Payable to Life in Yoga Institute.

For Certification: \$150 registration fee for physicians; Others: \$75

Early registration before Nov 15 - \$125 for physicians; Others: \$50. No refunds after Nov 15, 2020

REVIEW DETAILED CURRICULUM at :http://lifeinyoga.org/App_Downloads/Curriculum2020pdf or [Click Here](#)

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