

Reviews 2014-2016



Video Review of Dr. Denise Annie Way, Family Practice Physician

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Theresa A. Stone, MD Medstar Health, Washington, DC

May 2016 Attendee of Overview of Yoga Therapy for
Healthcare Providers

Yoga Therapy for Health Professional is a wonderful, practical CME course. The growing body of research studying the health benefits of yoga therapy is impressive. I and my colleagues will definitely implement yoga therapy for disease prevention and treatment, and in personal self-care plans.

The effects of a daily practice were amazing: neuroplasticity, changes in genetic expression, improved control of diabetes, hypertension, arthritic pain, coronary heart disease, etc.

We will definitely recommend this course to our Medstar colleagues.



Video Review of Dr. Geraldine Wu, Psychiatrist

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Christopher Ahern, DO Family Medicine Resident Middlesex Family Medicine Residency, CT

May 2016 Attendee of Overview of Yoga Therapy
for Healthcare Providers

Thank you so much for opening my eyes to the many possibilities for self-healing and empowerment that yoga can provide. This course has changed the way I will work with my patients and how I will treat myself and my own health.

Testimonial Note from Past Attendees



**Patrick B. Mullen, MD ,
PA (Psychiatry)**
Poinsett Psychiatric
Group,
Greenville, South Carolina
2011 Course Attendee

I have practiced General Psychiatry since 1978. Over the past ten years, psychiatry has been dominated by the practice of psychopharmacology. But, simply passing out pills with FDA indications is inadequate to truly help patients - a more whole-person approach is necessary to really help people.

The first retreat we have had gave me great hope that a much more sophisticated understanding of yoga is possible for me and a much more acceptable and readily applicable therapeutic role is possible as well.

It takes experience and a great deal of thought to finally see that western science does not have all the answers at all. Yoga therapy and meditation are full of exciting possibilities for healing and I can see that much more clearly after my weekend course. This will, necessarily, improve my own personal practice.

I have been experimenting with breathing and sensory awareness since the course weekend, as well as some modified asanas. It is exciting to be part of Life in Yoga and helping find a yoga therapy repertoire that a western physician could employ. I look forward to further meeting and communication to find other kinds of yoga intervention that will be helpful for my patients.



Rama Shankar , MD , FACP, CMQ
**Board Certified Internal
and Integrative Holistic
Medicine,**
*Chief Medical Officer,
Total Health Care Inc.,
Baltimore, Maryland*

I attended the 2010 Intro to Yoga Therapy at Howard University. I was very impressed by the scientific data presented and the information on the effect of Yoga on human body's biochemistry and physiology. I enjoyed the demonstrations on various exercises / breathwork routines for common diseases.

Dr. Dilip Sarkar, speaking from his life experience as a practicing surgeon in Norfolk, VA, as a medical school faculty at Eastern Virginia Medical School, and his experience with Ayurveda & Yoga, shows thinking that is aligned with the paradigm of Integrative Holistic Medicine.

I live and practice in the Baltimore-Washington area where Life in Yoga is located. Since the October 2010 program, I have had an opportunity to participate in their Fifth Anniversary event as well as at a local Health Fair where they participated.

As a physician committed to Integrative Holistic Medicine I was immediately able to see the possibility of bringing yoga therapy for my patients . . . the philosophy of yoga and simple tools available for relaxation and pain management.

I practice principles of Integrative Medicine which include Yoga therapy.