

Intro to Yoga Therapy for Medical Professionals, October 8-10, 2011

Howard University College of Medicine, 520 W Street, N.W., Washington, DC 20059

Jointly sponsored by Howard University College of Medicine, Office of Continuing Medical Education

This activity has been approved for a maximum* of 22 hours of AMA PRA Category 1 Credits™.

*See Credits information below.

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 general health management.

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 to assess complexity of patient needs.
- Distinguish resources available to advance education on yoga therapy and complementary medicine.
- Assemble 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; 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 through the joint sponsorship of Howard University College of Medicine, Office of Continuing Medical Education, and Life in Yoga Foundation. Howard University College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credits: The Office of Continuing Medical Education designates this educational activity for a maximum of 22 *AMA PRA Category 1 Credits™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

CME Certification Registration: To receive credits, each physician must sign in daily, and before leaving, complete, sign and return the Record of Attendance Form indicating the hours he/she actually spent in the activity.

Disclosure: All speakers participating in CME activities sponsored by the Office of Continuing Medical Education, Howard University, College of Medicine/Hospital, 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: Howard University, College of Medicine/Hospital, Life in Yoga Foundation/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.

Planning Committee, Course Faculty, and Disclosures: The members/faculty are Ramesh Deshpande, Arvind Nandedkar, Meenakshi Nandedkar, C. Rajan Narayanan, Dilip Sarkar and Sat Bir Khalsa. All six of them have disclosed that they have no financial relationships with any commercial interests over the past 12 months, will accept no financial remunerations from any commercial supporter, uphold academic standards and ensure that content is independent and free of commercial bias.

Course Director: 240-463-4327(Dr. Nandedkar). **Course Information:** Dr. Rajan Narayanan 301-328-3845

Registration 8:00 AM; Sat/Sun: 8:30 AM to 5:30 PM; Mon: 8:30 AM to 3:15 PM Topics Listed Below (subject to change)

<u>Saturday, October 8, 2011</u>	<u>Sunday, October 9, 2011</u>	<u>Monday, October 10, 2011</u>
<ul style="list-style-type: none"> • Intro to Yoga Therapy • Philosophy of Yoga • Anatomy, Physiology and Use of Yoga as Medicine • Bio-Physiology of Respiration • Practice Session: Power of Breath 1 • Ayurveda and Complementary Practices of Yoga Therapy • Introduction to Meditation • Practice Sessions: Breath 2; Meditation 1 	<ul style="list-style-type: none"> • Practice Session: Surya Namaskar & Yoga Nidra • Research Report on Yoga Therapy • Practice Session: Meditation 2 – Group effect • Yoga Therapy of Specific Disease Areas -Metabolic Syndrome/Endocrinology, Cardiovascular System, Respiratory System, Musculoskeletal System (Back-Pain & Arthritis), Neurological, Psychiatric • Neurobiology/Brain-Chemistry of Yoga • Practice Session: Meditation 3 – Integrated 	<ul style="list-style-type: none"> • Demonstration, Theory & Practice: Building a Customized Regimen • Yogic Lifestyle, Daily Routine • Practice for Health: Good Digestion, Elimination and Sleep • Practice: Meditation 4 – Customizing • Stress Management Review, Yoga Theory and Scientific Validation,, Future Research • Conclusion: Moving Forward with Integrative Medicine

Registration Form

INTRO TO YOGA THERAPY FOR MEDICAL PROFESSIONALS, October 8-10, 2011
Howard University College of Medicine, Washington, DC

Please Print:

Name _____ Email _____
(First Name) (Middle) (Last Name)

Address _____
(Street Address including unit/suite #) (City/State) (Zipcode)

Phones _____ Fax _____ Specialty _____
Daytime Evening Other

Please Check Applicable Box:

	By Jul 15	Jul16 to Sep10	After Sep10
<input type="checkbox"/> HUH Resident	\$125	\$125	\$175
<input type="checkbox"/> Other Resident	\$125	\$125	\$175
<input type="checkbox"/> HUH Physician/Medical Professional	\$275	\$325	\$375
<input type="checkbox"/> Other Physician/Medical Professional	\$345	\$395	\$445

Make check payable to: Life in Yoga Foundation

Mail to: Dr. Rajan Narayanan, Life in Yoga Foundation,
1111 University Blvd W, #1306, Silver Spring, MD 20817

Phone: 301-328-3845

Email: info@lifeinyoga.org

Web: www.lifeinyoga.org/Programs/MedicalCourses.aspx

FOR PAYMENT BY CREDIT CARD, PLEASE ENROLL THROUGH WEB. PLEASE SEE INSTRUCTIONS ON THE REVERSE SIDE.

jointly sponsored by Howard University College of Medicine, Office of Continuing Medical Education
This activity has been approved for AMA PRA Category 1 Credit™.

Saturday-Sunday-Monday (Columbus Day Weekend)
October 8-10, 2011

INTRO TO YOGA THERAPY FOR MEDICAL PROFESSIONALS 3-Day Course

Life in Yoga Foundation
Division of Yoga & Medical Sciences
of the Life in Yoga Institute
Bethesda, MD

&

Howard University
College of Medicine & Hospital
Office of Continuing Medical Education
Washington, DC

INTRO TO YOGA THERAPY FOR MEDICAL PROFESSIONALS

Another name for this course could be 'Yoga as Medicine'. The course is intended for physicians and other medical professionals. The intent is to describe the basis of yoga and the research done for therapeutic purposes and for health maintenance. Such knowledge brings a different way of thinking of life and healing process, and potentially prepares a physician for considering entirely different forms of treatment that may be less invasive and less subject to side-effects than conventional medicine, especially in cases when conventional medicine does not have good answers. This approach of healing can be used as a complementary practice for treating diseases.

38-Page Course Curriculum can be reviewed at

http://www.lifeinyoga.org/App_Downloads/YMS101_October2011.pdf

Course Faculty



Dilip Sarkar, M.D., FACS, D.Ayur – Director of Division of Yoga & Medical Sciences, Life in Yoga Institute; Retired Associate Professor 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. Serves on several local and national healthcare boards.



Sat Bir Singh Khalsa, Ph.D. Assistant Professor of Medicine, Harvard Medical School (Dept of Medicine at Brigham and Women's Hospital); Research Director of Kripalu Center for Yoga & Health; Research Director, Kundalini Research Institute.



Arvind K. N. Nandedkar, Ph.D., DABCC – Professor of Biochemistry & Molecular Biology, Howard University, College of Medicine; Also serves as the Safety Officer for the College of Medicine Complex.; Senior faculty with over 72 publications. Course Director.



C. Rajan Narayanan, Ph.D., Executive Director, Life in Yoga Institute and Professor at Taksha University School of Integrative Medicine; Honored by SVYASA for his innovative and original contributions in the field of yoga. Lead faculty on the philosophy of yoga.

WEB REGISTRATION

Credit or Debit card is accepted only through web registration. There is \$10 fee in addition to the applicable charges based on your checked box and date of registration on the reverse side. This covers the credit card commission costs. Web registration can be done at www.lifeinyoga.org/Programs/MedicalCourses.aspx.

REFUND POLICY

Until September 10, 2011, there is full refund, except for a refund processing fee of \$50. From September 11, 2011 there will be no refunds.

LATE & ON-SITE REGISTRATION

There is provision for late registration after September 10 and on-site registration with a late fee of \$50 added to the regular registration fee. However, those intending to register on-site should call 301-328-3845 to make sure that space is available.