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Course Curriculum  
Details

# Life in Yoga Institute

1111 University Blvd West, #1306  
Silver Spring, MD 20902  
301-328-3845; 301-526-8308; narayanan@lifeinyoga.org

Click Here For  
Web Registration

## The Principles and Practice of Yoga in Health Care: The Science, Research and Application 1-Day Course, Saturday, June 17, 2017 8:00 am to 6:00 pm

San Antonio, TX

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*<sup>TM</sup>.

**Who Should Attend?** - Physicians and other Medical Professionals who seek to be well-informed on yoga therapy as a non-invasive alternative for health management.

**Purpose/Goal:** To enable participants to understand potential use of yoga as therapy, and consider further education and application in healthcare practice.

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

- Describe the fundamental concepts, principles, and philosophy behind the practice of and implementation of mind-body medicine and yoga therapy specifically
- Describe the potential of yoga therapy as a complementary evidence-based medical practice in primary prevention and therapeutic care for chronic diseases;
- Describe the research evidence of the psychophysiological impact of yoga;
- Describe the research evidence of applications for preventive and therapeutic medicine

**Format:** Lecture Presentation; Demonstration-Practice; Question-Answers.

**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 *7 AMA PRA Category 1 Credits*<sup>TM</sup>. Physicians should claim only credit commensurate with the extent of their participation in the activity.

**Location:** Tri Point Event Center, 3233 North St. Mary's Street, San Antonio, TX 78212.

**Disclosure:** All speakers and planners 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:** Hetal Nayak, MD, Delegated by Life in Yoga Institute

**Faculty:** Sat Bir Khalsa, PhD; Venkat Srinivasan, MD

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

### Topics and Schedule (subject to minor changes) from 8 am to 6 pm

- Mind Body Medicine: Introduction, Concepts, Principles, Philosophy, and Relevance in Modern Healthcare**
- Yoga and Yoga Therapy: Introduction, History, Principles, Philosophy, Prevalence, and Clinical Application**
- A Simple Experiential Yoga Session Covering the Basics of Asana, Pranayama, Relaxation and Meditation**
- The Science and Psychophysiological Mechanisms Underlying Yoga Practice and the Rationale as a Therapeutic Intervention**
- Review of the Clinical Research Trial Evidence Base for Yoga Therapy for Medical Conditions**
- Review of the Research Evidence Base for Yoga as Preventive and Lifestyle Medicine**

**FOR ADDITIONAL INFORMATION Contact:** Course Director Dr. Hetal Nayak : Phone: 830-534-9683, Email: devraj\_nayak@yahoo.com.

CME Director Dr. Rajan Narayanan can be reached at [narayanan@lifeinyoga.org](mailto:narayanan@lifeinyoga.org).

# Registration Form

COURSE: The Principles and Practice of Yoga in Health Care: The Science, Research and Application  
June 17, 2017  
at the Tri Point Event Center, 3233 North St. Mary's Street, San Antonio, TX 78212

**Please Print:**

Name \_\_\_\_\_ Email \_\_\_\_\_  
(First Name) (Middle) (Last Name)

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

Phones \_\_\_\_\_ Specialty \_\_\_\_\_  
Daytime Evening Other of Physician or Other Healthcare Professional

**COMPUTE YOUR PAYMENT for**

**Course Attendance Fee:**

- \$275 Physicians     \$215 Non-Physicians & Medical Residents     \$175 Full-time Students . . . . . \_\_\_\_\_
- \$45 Early Registration Discount (Applies for Registrations by April 15) . . . . . - \_\_\_\_\_
- \$15 Discount for Society of Yoga Therapy physician members (medcalyoga.org) . . . . . - \_\_\_\_\_
- \$5 Discount for mailing check instead of paying by credit card . . . . . - \_\_\_\_\_

**TOTAL PAYMENT: (See instructions below for check or credit card payment)** \_\_\_\_\_

**CHECK PAYMENTS: Make check payable to: Life in Yoga Institute Inc **and mail to** Life in Yoga Institute, Attn: Dr. Narayanan, 1111 University Blvd West, #1306, Silver Spring, MD 20902**

**CREDIT/DEBIT CARD PAYMENTS can be made through Web Registration.**

**WEB REGISTRATION:** **Click Here**

**QUESTIONS: Phone:** 830-534-9683 (Dr. Nayak) or 301-526-8308 (Dr. Narayanan);  
**Email:** devraj\_nayak@yahoo.com OR narayanan@lifeinyoga.org

**FOR COURSE CURRICULUM DETAILS** **Click Here**

**WEB REGISTRATION THROUGH LIFEINYOGA WEBSITE**

**Website:** <http://lifeinyoga.org/Home/CMEMedicalPrograms> - Information on all Life in Yoga courses for medical professionals is available at this site with links to register.

**REFUND POLICY**

Until 30 days before the beginning of the course, there is refund of the COURSE FEE, except for a refund processing fee of \$45. After that there will be no refunds of the Course Fee. However, substitution by another participant will be allowed.

**LODGING**

Out-of-town attendees may contact Dr. Nayak (830-534-9683) for any suggestion for lodging.