

## Inner Engineering Live (23.5 hour session)

### **Intended Audience:**

This activity was developed for physicians and other healthcare providers caring for patients with stress-related health issues in their lives.

### **Statement of Need:**

1. Personal well being for Physicians: Physicians increasingly encounter high levels of stress that has led to severe psychological trauma. In a landmark study in Canada, it was found that two-thirds of physicians reported feeling overworked while another study showed that 48 percent of physicians suffered from advanced burnout. The overwhelming amount of stress has resulted in lifestyle changes affecting the overall health of physicians. Developing specific strategies and providing effective tools that can turn physician stress into physician empowerment is of imminent need.

2. To address knowledge gap in Physicians: A study in 2007 by the U.S. Department of Health and Human Services found that 38% of adult Americans and 12% of American children use complementary and alternative medicine. Moreover various studies have scientifically established the effectiveness of alternative and complementary therapies. It would be helpful for physicians to inform themselves about these therapies so that they can effectively utilize as well as advice their patients about the use of such therapies.

3. Reducing healthcare costs: A report released in 2008 by the Trust for America's Health (TFAH) stated that a strategic investment in effective disease prevention programs could produce tremendous returns (\$16 billion annually) in less than five years. Alternate forms of therapy that can be provided at a very low cost can play a major role in disease prevention by empowering individuals in caring for their health, reducing stress and inducing positive lifestyle changes.

Inner Engineering is a structured program which offers tools to engineer one's self through the inner science of yoga. The approach is a modern antidote to stress, and presents simple but powerful processes to purify the system and increase health and inner well being. Inner Engineering establishes a positive and open approach to life improving mental clarity and the ability to handle stressful situations, generating inner peace and fulfillment. It allows one to maintain high levels of energy throughout the day resulting in enhanced productivity and efficiency.

Physicians and health care clinicians will gain an increased sense of well-being, an increased understanding of a complementary approach to health care issues, and

potentially find ways to help reduce healthcare costs by reducing stress related illnesses.

This program will also enhance physician understanding of yoga and meditation, allowing them to provide optimal referral for their patients who are in need of stress reduction in their lives. This stress reduction can help in a variety of health-related issues.

### **Learning Objectives:**

At the conclusion of this initiative, participants will do the following:

1. Practice methods of stress reduction as a way to enhance health and ability to practice medicine effectively
2. Incorporate lifestyle changes in patient treatment protocols.
3. Provide optimal referral for patients with stress-related illnesses
4. Gain additional understanding of the role relaxation, meditation, and yoga can play in human health
5. Provide education and guidance to patients and their families to improve their health

### **Faculty:**

Sadhguru Jaggi Vasudev, Kaniappan Senthil Kumar, Gomathy Swamy, Nathalie Zabbal, Maya Rizkallah, Shruti Garg, Jean Esther, Ganesh Narayanaswamy, Fuad Abi-Ajram, Yemuna Balajiprasad, Nitesh Jain, and Megan Odenthal  
Isha Foundation, Inc.  
McMinnville, TN

Sadhguru Jaggi Vasudev, Kaniappan Senthil Kumar, Gomathy Swamy, Nathalie Zabbal, Maya Rizkallah, Shruti Garg, Jean Esther, Ganesh Narayanaswamy, Fuad Abi-Ajram, Yemuna Balajiprasad, Nitesh Jain, and Megan Odenthal have disclosed that they have no relevant relationship or financial interests in any commercial company pertaining to this educational activity.

### **Agenda:**

Interactive sessions including guided meditations, simple yoga postures, and a powerful 21-minute meditation learned in a step-by-step process throughout the course.

### **Accreditation and Certification:**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Carlat CME Institute and the Isha Foundation, Inc. The Carlat CME Institute is accredited by the ACCME to provide continuing medical education for physicians.

The Carlat CME Institute designates this live activity for a maximum of 23.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAPA accepts Category 1 CME credit for the PRA from organizations accredited by ACCME.

Statements of Credit may be obtained by filling out the evaluation form emailed to you following the program completion and printing one's certificate.

**Disclosure:**

It is the policy of the Carlat CME Institute to ensure fair balance, independence, objectivity, and scientific rigor in all programming. All faculty and planners participating in sponsored programs are expected to identify and reference off-label product use and disclose any significant relationship with those supporting the activity or any others whose products or services are discussed. Full disclosure will be made at the meeting.

If you need reasonable, special accommodations or have questions about access to any of our activities, please contact Isha Foundation CME Coordinator, by phone at (931) 516-9263, or by e-mail at [cme@innerengineering.com](mailto:cme@innerengineering.com). All requests must be received at least 14 days in advance of the intended activity start date.