

Breath-Body-Mind Workshop

Increase Your Resilience, Lower Your Stress



**Free CME credits available.
Students can register for free.***

Two-Day Introductory Workshop

Learn proven breathing techniques to relieve stress and improve mood, mental focus, and performance. Benefits have been enjoyed by thousands of adults and children worldwide, including medical professionals, yoga teachers, military veterans, and individuals with PTSD, anxiety, depression, ADD, cancer, and other health conditions.

These techniques have been a transformative experience for many practitioners, who never would have imagined that something so simple could be so powerful and helpful.

The workshop will be led by Dr. Richard Brown and Dr. Patricia Gerbarg, recognized pioneers in evidence-based integrative medicine. This introductory workshop is appropriate for both service providers and the general public. The workshop is a prerequisite to the BREATH-BODY-MIND™ Level-I Teacher Training that prepares individuals to teach trauma-sensitive BREATH-BODY-MIND™ practices safely and effectively to clients.

This program is offered in support of the Westchester Resilience Coalition.

*Albert Einstein College of Medicine designates this live activity (workshop) for a maximum of 8.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Albert Einstein College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. A limited number of scholarships are available to current students. See registration form.



**Register at conversations.westchesterlibraries.org
Spaces are limited, act now.**

Provided by:



Montefiore

**8:30am to 4:30pm
October 3 & 4, 2019**

**Edith Macy Conference Center
Briarcliff Manor, NY**