

FEBRUARY 23-24, 2018

RESIDENCE INN, CHARLOTTESVILLE, VA

# THERAPEUTIC YOGA FOR HEALTH

Provided by the Office of Continuing Medical Education of the University of Virginia School of Medicine and the School of Nursing Continuing Education

## Program Description

Therapeutic Yoga focuses on lifestyle changes, health education, stress management, and emotional and psychological dysregulation to assist patients in learning and understanding how to improve their health status through the application of therapeutic yoga and mindfulness into their daily lives. Learners will be taught specific tools and strategies for assisting in healing, increasing resiliency, decreasing stress, learning self-responsibility, and increasing compassionate self-care through the concepts of Therapeutic Yoga and Mindfulness. Learners can also integrate techniques for their own self-care and to mitigate burnout.

This lifestyle modification program is designed to address prevention, rehabilitation, and palliative care issues, particularly for individuals dealing with limited mobility, an illness or disease process or individuals requiring lifestyle changes, the elderly, or anyone interested in the enhancement of their health and wellness. Integrating therapeutic yoga instruction into healthcare has additional institutional benefits of: decreasing health care costs, decreasing length of hospital stays, reducing patient medication needs, faster recovery times for surgery patients, and provides a cost effective intervention.

## Who Should Attend

Physicians, Physician Assistants, Nurses, Nurse Practitioners, Physical Therapists, Students in the health care or allied health care field, Administrators and management interested in clinical application

## Educational Objectives



COVER THE DEFINITION, THEORY, AND CONCEPTUALIZATION OF THERAPEUTIC YOGA AND MINDFULNESS



DEFINE NEUROSCIENCE AND RESEARCH AS IT RELATED TO YOGA AND MINDFULNESS



THE STRESS RESPONSE AND HOW TO DEACTIVATE SYMPATHETIC OVERDRIVE



CLINICAL APPLICATIONS OF THERAPEUTIC YOGA AND MINDFULNESS FOR SELF-CARE AND PATIENT CARE

# AGENDA

\*\*Syllabus will be provided  
online only at [www.cmevillage.com](http://www.cmevillage.com)

The Residence Inn is conveniently located near many dining options and the pedestrian mall to provide participants a true lunch break.

## Friday, February 23

8:00-9:00	Registration and light breakfast
9:00 -9:20	Introductions, Agenda / Overview / Handouts
9:20-9:30	Mindfulness Practice
9:30- 10:45	What is Therapeutic Yoga? <ul style="list-style-type: none"><li>• Brief History</li><li>• Overview of Medical Yoga concepts</li><li>• Ayurvedic Medicine</li><li>• Concept of Gunas</li><li>• Yogic Concept of Healing</li></ul>
10:45-11:00	Break and Visit Exhibitors
11:00-12:15	Part one: Therapeutic Yoga Theory & Research
12:15-1:45	Lunch on your own
1:45-2:45	Part two: Therapeutic Yoga Theory & Research
2:45-3:00	Break and Visit Exhibitors
3:00-4:30	Chair Yoga Practice and Relaxation Strategies

## Saturday, February 24

8:30-9:30	Registration and light breakfast
9:30-10:45	Neuroscience and Therapeutic Yoga
10:45-10:55	Break and Visit Exhibitors
10:55-12:15	Clinical Practice: Chair Assisted Yoga and Modified Poses for Healing
12:15-1:45	Lunch on your own
1:45- 4:00	Clinical Application: <ul style="list-style-type: none"><li>• Breathing Practices for Balancing out the Central Nervous System</li><li>• Hospital Bed Yoga</li><li>• Deep Relaxation and Healing</li></ul>
4:00-4:30	Q & A, Evaluations, and Closing

### Course Director

M. Mala Cunningham, Ph.D.  
Clinical Assistant Professor Univ. of Virginia School of Nursing  
Counseling Psychologist  
President - Positive Health Solutions  
Founder & Director - Cardiac Medical Yoga

### Planning Committee

Regina DeGennaro, DNP, RN, CNS, AOCN, CNL  
Nurse Planner

Carmel Nail, NP  
Nursing Content Expert  
Certified Yoga Instructor

Andrea Zimmerman, EdD  
CME Program Manager

# Registration available at [www.cmevillage.com](http://www.cmevillage.com)



Limited to the first 40 registrants

Please indicate during registration whether you need to borrow a yoga mat.

Early bird fee with registration by 12/31/17	\$300
Resident/Fellow/Student	\$225
Registration 1/1/18-2/14/18	\$375
Resident/Fellow/Student	\$300

Register closes 2/15/18. On-site registration for \$450 only if spots are available. Check back at [www.cmevillage.com](http://www.cmevillage.com) or email prior to workshop.

## Accreditation and Designation Statement

The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Virginia School of Medicine designates this live activity for a maximum of 10.75 AMA PRA Category 1 Credits.<sup>™</sup> Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine awards 10.75 hours of participation to each non-physician participant who successfully completes this educational activity. The University of Virginia School of Medicine maintains a record of participation for six (6) years.

The University of Virginia School of Nursing Continuing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The University of Virginia SONCE awards 10.75 contact hours for nurses who participate in this educational activity and complete the post activity evaluation.



## Location and Lodging

Residence Inn by Marriott | 315 West Main Street | Charlottesville VA

Rate: \$159/night (book by January 18, 2018)

<http://tiny.cc/yogahotel> or 800-331-3131 or 434-220-0075 (Group Code UVC)