

CHANGE YOUR PERSPECTIVE -- CHANGE YOUR EXPERIENCE

"How AMI Meditation can Relieve Stress, Burnout and Pain"

Simple self-care practices that can enhance focus, clarity of vision and skillful decision-making, while leading to a happier, healthier and more rewarding work-life balance.

**Tuesday, September 26th, 2017
CIPCI Collaborative Theatre
260 Ashley Street, Hartford, CT**

5:00-7:30

****Includes a light dinner***

RSVP: Mcarroll@stfranciscare.org by 9/22/17



Leonard Perlmutter is the founder and director, of The American Meditation Institute, author of the award-winning book, *"The Heart and Science of Yoga®: The American Meditation Institute's Empowering Self-Care Program for a Happy, Healthy, Joyful Life"* and *"Transformation,"* the quarterly journal of meditation as mind/body medicine. Leonard's *Heart and Science of Yoga®* curriculum has been accredited by the Albany Medical College, American Medical Association, Massachusetts Association of Registered Nurses, and American Nurses Association to provide medical education credit. Leonard has been a student of Yoga Science since 1975, and is a direct disciple of mind/body medicine pioneer Swami Rama of the Himalayas.



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