

Presenters:

Richard P. Brown, MD

Associate Professor in Clinical Psychiatry at Columbia University College of Physicians and Surgeons, teaches advanced breath techniques with movement and meditation to help stressed and traumatized people improve energy, sleep quality, stress resilience and peace of mind. His work is a unique fusion of ancient and modern mind-body techniques derived from Qigong, yoga, Christian monks, Coherent Breathing, Open Focus meditation and martial arts.

www.Breath-Body-Mind.com.

Patricia L. Gerbarg, MD

Assistant Clinical Professor in Psychiatry at New York Medical College, practices Integrative Psychiatry and researches the efficacy of mind-body practices for post-traumatic stress disorder and survivors of mass disasters. She assists Dr. Brown in workshops and is the co-author of numerous scientific articles and books. For more information visit www.Breath-Body-Mind.com.

Recommended Reading:

1. The Healing Power of the Breath

RP Brown & PL Gerbarg

(Book + CD, Shambhala) Winner Silver

Medal Nautilus 2013 Book Award

2. Non-Drug Treatments for ADHD

RP Brown & PL Gerbarg

(WW Norton) Winner Gold

Medal Nautilus 2013 Book Award

Crow Calls
48 Benedict Blvd.
Elmira, NY 14903

5th Annual Chemung County

Breath~Body~

Mind

Conference

Introductory Workshop

March 3, 4 & 5 2017

Level 1 Certification

March 31, April 1 & 2 2017

Level II Certification

October 6, 7 & 8

November 10,11&12

With:

Richard P. Brown, MD

Columbia U Medical College

Patricia L. Gerbarg, MD

NY Medical College

Emotion dysregulation, attention disorders, and behavioral problems have a negative impact on academic and social development. Healthcare providers need new tools to help individuals of all ages overcome the effects of stress, overstimulation, and trauma.

Breath~Body~Mind teaches simple movements, breathing and relaxation methods that can be used anywhere, including at home, in medical and healthcare settings, or in school... to feel calmer and more focused.

Dr. Brown & Dr. Gerbarg will review scientific studies demonstrating that Breath~Body~Mind practices improve emotion regulation, stress resiliency, anxiety, PTSD, attention, cognitive function, and behavior. They will also guide attendees through experiential learning of the practices.

By actively participating in this series of conferences, attendees will learn:

** The scientific basis for the effects of Breath~Body~Mind*

** Techniques to rapidly balance the stress response system and improve emotion regulation, cognitive function, and behavior*

** Experience Breath~Body~Mind techniques for personal stress reduction*

** How to apply Breath~Body~Mind techniques in working with all populations in educational and clinical settings.*

With the completion of Level's I and II participants will advance in their skills allowing them to:

** Teach the basic Breath-Body-Mind techniques to individuals and small groups.*

** Assistant teach at Breath-Body-Mind Workshops*

Cut along dotted line

Name: _____
Address: _____
Phone: _____ Email: _____
Agency: _____
Profession: _____

I plan to attend: (*check all that apply*)

___ **Introductory** ___ **Level I** ___ **Level II**

Discount applied -\$ _____

Total Conference Cost Enclosed:

\$ _____

Please indicate a desire for CEU/CME's below:

CEU's if approved by New York State _____

CME's if approved by New York State _____

Lunch will be provided.....(please check)

_____ Yes, I would like my lunch provided Friday and Saturday at the Holiday Inn.

_____ No, I do not choose to eat in the restaurant either day at the Holiday Inn.

Mail conference Registration and Check made out to Crow Calls to:

Crow Calls
48 Benedict Blvd.
Elmira, NY 14903

or

Contact: Martha Benedict 607-425-8432

Cut along dotted line

Conference Registration Costs:

\$50 discount per class for students with ID
\$100 discount on Intro and Level I for previous attendees
CEU/CME's pending (\$30 cost per class)
Limited scholarships available upon request

Introductory:

3/3, 3/4, 3/5 Elmira Holiday Inn Riverview
Early Registration: (until 2/15) \$350
Late Registration: (after 2/15) \$400

Level I -Prerequisite is Introductory Level 2017

3/31, 4/1, 4/2 Elmira Holiday Inn Riverview
Early Registration: (until 2/15) \$450
Late Registration: (after 2/15) \$500

Level II (Prerequisite is Level I either 2016 or 2017)

10/6, 10/7, 10/8 **Horseheads Holiday Inn Express**
11/10, 11/11, 11/12 Elmira Holiday Inn Riverview
Early Registration: (until 9/15) \$550
Late Registration: (after 9/15) \$600

Schedule: All days – Check-in – 8:15 am

Friday 9am-5pm

Saturday 9am-5pm

Sunday 9am-5pm

Overnights: Elmira Holiday Inn Riverview

760 E Water St.
Elmira, NY 14901
(607) 734-4221

Special Rates: \$105 (2) Doubles
\$95 King

*****Mention the Breathe and Heal Conference to receive special rates*****