

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

October 7th & 8th

With:

Richard P. Brown, MD

Columbia U Medical College

Patricia L. Gerbarg, MD

NY Medical College

Holiday Inn Express

2666 Corning Rd.

Horseheads, NY, 14845

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.*

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

Discount applied -\$ _____

Total Conference Cost Enclosed:

\$ _____

Social Work CEU/: _____ Yes

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

_____ Yes, I would like my lunch provided
Friday at the Holiday Inn.
_____ No, I do not choose to eat in the
restaurant at the Holiday Inn.

**Mail conference Registration with check
made out to Crow Calls at:**

Crow Calls
48 Benedict Blvd.
Elmira, NY 14903

or

Contact: Martha Benedict
607-425-8432

Conference Registration Costs:

\$50 discount per class for students with ID
\$100 discount for previous attendees of Chemung County
Breath~Body~Mind Pilot who want more practice

Social Work CEU's-10 hours for \$25

Introductory:

October 7th and 8th
Early Registration: (until 9/15) \$300
Late Registration: (after 9/15) \$350

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

Saturday 9am-5pm
Sunday 9am-12pm



Overnights: Holiday Inn Express

2666 Corning Rd.
Horseheads, NY, 14845
(607) 739-3681

Special Rates: \$139 (2) Doubles
\$149 King

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

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