

# A Trainee and Faculty Wellness Course

## CME + Medical Yoga + Mindfulness

With

**Ina Stephens, MD, RYT, FAAP**

Associate Professor of Pediatrics & Pediatric Infectious Disease, University of  
Virginia

**Saturday, April 2, 2016**

**8:30 am – 4 pm**

**Practice Body, Mind, Soul**

**1500 Old Northern Blvd # 3 Roslyn, NY**

Session Content: Mindfulness, didactics on yoga to improve overall health & well-being, yoga class focused on stress reduction, meditation, patient case discussion (managed with medical yoga)

**(Lunch & Snack Included)**

Fee: (Includes Program and Meals)

\*Health Care Clinicians - \*\$80 (if registered by March 1<sup>st</sup> \$100 after)

(Trainees) Residents & Fellows- \$30

Students-\$20

\*Consider sponsoring a student and/or trainee to join you

**To register please access the link below:**

<http://cmetracker.net/NSLIJCME/Login?FormName=RegLoginLive&eventid=59361>

*Space is limited*

**For questions please contact Alice Fornari, [afornai@northwell.edu](mailto:afornai@northwell.edu)**

