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FOR IMMEDIATE RELEASE

Self-Pulse for Self-Care: Maharishi Ayurveda®
Holistic Nurses Conference in Niagara Falls, New York

The American Holistic Nurses Association’s 38th Annual Conference will feature an intensive presentation by Amy Ruff, RN, BSN, WOCN entitled, “Self-Pulse for Self-Care: Maharishi Ayurveda,” on Tuesday, June 5, 2018 from 1:30 pm to 5:15 pm in Niagara Falls, New York. The educational workshop and lecture will explore approaches to health through Maharishi Ayurveda, a comprehensive system of healthcare that is thousands of years old. The participants will go through an experiential exercise, learning and utilizing Ayurvedic Self Pulse. Participants will learn the difference between a balanced and imbalanced pulse and learn daily routine approaches to promote balance. The main approach to health, the approach through Consciousness, is the evidence based Transcendental Meditation® technique. The principles and a review of the peer reviewed research underlying the TM® technique will be presented.

The course will be offered for 3.5 continuing nursing education contact hours at a price of $155.00. It will be held at the Conference & Event Center Niagara Falls, in Niagara Falls, NY. To learn more about attending this presentation and other sessions, please visit our website at www.ahna.org/AnnualConference.

AHNA’s Education Provider Committee is accredited as a provider of continuing nursing education by the American Credentialing Center’s Commission on Accreditation.

Provider Approved by the California Board of Registered Nursing, Provider #10442.

About Amy Ruff

Amy Ruff, RN BSN WOCN has been an RN since 1972 with a degree from the College of New Jersey and received training in WOCN nursing from the University of Texas, MD Anderson Cancer Center. From 1984-1990, Amy helped to establish the first Maharishi Ayurveda Health Center in the US. In 1990 Amy became a teacher of the Transcendental Meditation Program and continues to teach the Transcendental Meditation technique. She and her husband administered the Maharishi Vedic School and Maharishi Ayurveda Medical Center in Boston for many years. Currently, Amy is the National Director of the Transcendental Meditation for Nurses Program. www.tm-women.org, www.tm-women.org/nurses

About AHNA

The American Holistic Nurses Association (AHNA) is a non-profit specialty nursing professional membership organization that serves as the definitive voice for registered nurses who practice holistic nursing.
Founded in 1981, AHNA’s primary mission is to advance holistic nursing through Practice, Community building, Advocacy, Research and Education. The association is dedicated to the continued development of evidence-based holistic research, self-care methods for nurses and non-pharmalogical pain management. AHNA offers networking opportunities to its members along with continuing nursing education through webinars, self-study programs, publications, conferences, and scholarship and grant opportunities.

AHNA currently services more than 5,000 members through 146 local chapters in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

For Additional information contact:

Jacob Wingard
Communications@ahna.org
800-278-2462