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FOR IMMEDIATE RELEASE:

Self-Pulse for Self-Care: Maharishi Ayurveda Workshop featured at Holistic Nurses Conference

The American Holistic Nurses Association will be hosting a presentation entitled “Self-Pulse for Self-Care: Maharishi Ayurveda®,” on Sunday June 2, 2019 from 1:30 pm to 5:15 pm in Tulsa, Oklahoma at its 39th Annual Conference. This workshop will explore two approaches to health through Maharishi Ayurveda; the approach through Consciousness: the principles underlying the evidence based Transcendental Meditation technique, and the approach through the physiology: the ancient technique of self-pulse or Nadi Vigyan. The participant will be learning to identify the difference between a balanced and imbalanced pulse, and experiential exercises will demonstrate how to promote balance through self-pulse and practical Ayurvedic daily and seasonal routines.

About Amy

The workshop speaker for the event, Amy Ruff, BSN, RN, WOCN has been a teacher of the Transcendental Meditation program since 1990. She developed the initial training protocols for Maharishi Ayurveda clinics across the United States, worked as a nurse, Maharishi Ayurveda technician and technician trainer for 6 years, and has been studying Maharishi Ayurveda for 30 years. Her nursing background scans ICU, CCU Cardiac Rehab, home care and Enterostomal nursing. She is currently the National Director of the Transcendental Meditation Program for Nurses.

Ruff’s pre-conference workshop is offered for 3.5 contact nursing education hours at a price of $165.00. It will be held in the Salon A Promenade at the Hyatt Regency in Tulsa. [To learn more about attending this presentation and other sessions, please visit our website at www.ahna.org/Events/Annual-Conference/Registration-Information. AHNA’s Educational 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 AHNA

At its founding in 1981, the American Holistic Nurses Association (AHNA) adopted as its primary mission, the advancement of holistic healthcare by increasing awareness and promoting education, as well as personal community-building among nurses, other healthcare professionals and the public. This nonprofit professional membership organization is the definitive voice for holistic nursing for registered nurses and other holistic healthcare professionals around the world. Holistic nursing focuses on integrating traditional, complementary and alternative treatment opportunities to improve the mind body and spiritual health of the whole person.

AHNA delivers valuable resources, improves educational tools, and offers superior networking opportunities to a vibrant and expanding universe of holistic healthcare professionals. AHNA currently services more than 5,500 members through 166 local chapters/networks 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:
Casey Bohannon
communications@ahna.org
800-278-2462