

NEW YORK, NY, September 28, 2013 **/24-7PressRelease/** -- Richard P. Brown, MD, an integrative psychiatrist known for his healing mental health work for survivors of mass disasters, will give a two- day Breath~Body~Mind workshop on Saturday, September 28, 2013, 9 am to 5 pm at SUBUD, 230 W 29th Street, New York, NY, and a follow-up on either Monday, September 30 or Tuesday, October 1 from 6:30 to 9:30 pm at the Meta Center, 214 W. 29th Street, 16th floor, New York, NY for 9/11 responders, Ground Zero workers, those who suffered losses during Hurricane Sandy, health professionals, caregivers, and the general public.

All class locations are one block north of the #1 train stop on 28th Street, and four blocks south of Penn Station.

Dr. Brown will teach breath techniques with gentle 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. The benefits have been demonstrated in health care practitioners, individuals with psychiatric and medical conditions, and in victims of terrorism, war and natural disasters.

Dr. Brown's workshop is sponsored by Serving Those Who Serve, a non-profit all-volunteer organization dedicated to the health and well-being of those who served at Ground Zero, their families, and area residents. "Since 2007, Dr. Brown has been teaching this course with great success and benefits for members of the 9/11 community," comments STWS Executive Director Jose Mestre. "Most people report they would never have imagined something so simple could be so transformative and helpful."

A course fee of \$75 is offered for the 9/11 Community and NY, NJ & CT residents who suffered loss and/or emotional distress from Hurricane Sandy. The fee is \$150 for students, \$200 for caregivers, health care practitioners, and yoga teachers, and \$300 for the general public. The proceeds will be donated to STWS to continue to offer holistic care programs for the 9/11 World Trade Center Community. Registration and photos of previous classes with Dr. Brown are at the stws.org web site where workshop testimonials and a video of Dr. Brown can be found. For more information contact Nehemiah Bar-Yehuda at (212)531-3376 or Jose Mestre at (347)306-0729. Registration is at stws.org.

Bring mats, blankets, pillows, etc. to feel warm and comfortable sitting and lying on the floor.

Dr. Brown is Associate Clinical Professor of Psychiatry at Columbia University in New York. A certified teacher of Aikido (4th Dan), Yoga, Qi Gong, and meditation, Dr. Brown developed a neurophysiological theory on the effects of yoga breath on the mind and body, particularly its benefits for stress, anxiety, depression, and trauma. His healing techniques have proven effective for disaster relief for healthcare workers and survivors of the World Trade Center, Haiti, the Gulf Oil Spill in Mississippi, the southeast tsunami, Rwanda, and the Sudan. He maintains a practice in New York City.

Dr. Brown, with Dr. Patricia Gerbarg and Dr. Philip Muskin, co-authored the award-winning book *How to Use Herbs, Nutrients, and Yoga in Mental Health Care* (WW Norton). The new award-winning books (Nautilus, Foreword Reviews) of Drs. Brown and Gerbarg are *The Healing Power of the Breath* (Shambala), and *Non-Drug Treatments for ADHD* (WW Norton). They offer mental health information and resources on their web site HaveAHealthyMind.com.