

KINGSTON, NY, October 01, 2013 /**24-7PressRelease**/ -- Integrative Psychiatrists, Richard P. Brown, MD and Patricia L. Gerbarg, MD will teach a "Breath~Body~Mind for Joint Health and Repair " workshop, together with energy worker John Carroll, for the public on Saturday, October 5, 2013, from 9 am to 3 pm at the YMCA of Kingston, 507 Broadway, Kingston, NY.

The work is a unique fusion of ancient mind-body techniques and scientifically proven methods to prevent and treat joint injuries, neck and back pain, and arthritis. Through gentle movements, Coherent Breathing, Breath Moving, and Open Focus meditation, one can relieve joint problems, increase energy, reduce anxiety and tension, improve sleep, and calm the mind. The workshop is suitable for everyone, regardless of physical limitations.

Information and registration for the Breath~Body~Mind for Joint Health & Repair is available at ymcaulster.org or at (845)338-3810 x. 112. The cost is \$30 for YMCA members, \$35 for non-YMCA members. Proceeds benefit the YMCA.

It is suggested that attendees dress in layers, bring a yoga mat if they have one, a blanket, and a pillow. Nutritious refreshments will be provided.

Dr. Brown, associate clinical professor of psychiatry at Columbia University in New York, gives over 200 lectures every year, including full-day courses for the American Psychiatric Association and other professional groups. He is a certified teacher of Aikido (4th Dan), Yoga, Qi Gong, and meditation. His workshops have helped thousands of people deal with everyday stress and enabled survivors of trauma and mass disasters to recover their health and well-being.

Dr. Gerbarg, assistant clinical professor of psychiatry at New York Medical College is a graduate of Harvard Medical School and the Boston Psychoanalytic Institute. In addition to clinical practice, she lectures, writes, and does research on natural treatments and mind-body practices.

Dr. Brown and Dr. Gerbarg have co-authored over 50 professional publications on complementary and alternative treatments including scientific papers, books, and book chapters. Their most recent books are the 2013 Nautilus Gold award-winner Non-Drug Treatments for ADHD: New Options for Kids, Adults, & Clinicians (WW Norton), and the 2013 Nautilus Silver award book plus CD set, The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions

(Shambhala).

John Carroll, based in Kingston, NY, uses energy and mental imagery to treat emotional and physical challenges including arthritis, fibromyalgia, back pain, and more. His web site is johncarrollhealer.com.

Further information on Drs. Brown and Gerbarg is at HaveAHealthyMind.com.

HaveAHealthyMind.comMedia contact: WJ Carrel