GREATERNEW YORK DENTAL MEETING
95th ANNUAL SESSION

NOVEMBER 29 - DECEMBER 4, 2019

Yoga, Stress-Management and Wellness for Dentistry

Bhagwati J. Mistry
Welcome to the Greater New York Dental Meeting™
Executive Headquarters
200 West 41st Street, Ste. 1101, New York, NY 10036
Tel. (212) 398-6922, Fax. (212) 398-6934
E-mail: victoria@gnydm.com
www.gnydm.com
Sponsored by New York County & Second District Dental Societies

All programs and exhibits are held at the Jacob K. Javits Convention Center 
(unless otherwise indicated)
11th Avenue between 34th and 39th Street, 
New York City

General Registration Hours
Friday, November 29          12:00 Noon - 4:30 P.M.
Saturday, November 30         8:00 A.M. - 4:30 P.M.
Sunday, December 1 - Tuesday, December 3
8:00 A.M. - 5:30 P.M.
Wednesday, December 4         8:00 A.M. - 4:30 P.M.

Exhibit Hall Hours
Sunday, December 1 - Tuesday, December 3
9:30 A.M. - 5:30 P.M.
Wednesday, December 4 - 9:30 A.M. - 5:00 P.M.

COURSE REGISTRATION
Pre-registration is required for all continuing education courses with the exception of the “Live” Dentistry and Affiliated Groups. Your seat will be held for 15 minutes after the start of the course; after that, those without tickets will be seated according to space availability. When the room is filled, no additional people will be admitted due to fire department regulations. If you have not pre-registered, please be prepared to select an alternate session to attend.

Tickets
Tickets are required for all courses excluding Live Dentistry. Tickets for all functions can be purchased at all general registration booths located in the Registration Area on the Upper Level in the Crystal Palace and online.

6 Days of Education Seminars, Hands-on Workshops & Essays
Friday - Wednesday

4 Days of Exhibits
Sunday - Wednesday

FREE “Live” Dentistry
Hi-Tech 450 Seat Arena

SUNDAY
9:45 - 11:45
VOCO America, Inc.
Drs. Ron Kaminer & Marc Geissberger Restorative

1:30 - 2:45
VOCO America, Inc.
Drs. Ron Kaminer & Marc Geissberger Restorative

3:30 - 5:15
VOCO America, Inc.
Drs. Ron Kaminer & Marc Geissberger Restorative

MONDAY
9:45 - 11:45
Shofu
Drs. Ron Kaminer Restorative

1:30 - 2:45
First Fit
Drs. Frederick E. Solomon
Cyrus Tahmasebi
Digital

3:30 - 5:15
Align I Invisalign I Itero
Drs. Karla Soto & Christian Coachman Restorative

TUESDAY
9:45 - 12:00
Millennium
Dr. Sundil D. Thanik Laser

2:00 - 4:15
GlideWell
Dr. Justin Chi Digital

WEDNESDAY
9:45 - 12:00
Apa / CareCredit
Drs. Michael Apa Aesthetic

2:00 - 4:15
Benco / Vatech
Dr. Aeklavya Panjali Implant

Celebrity Luncheon Speaker
John Quiñones
Monday, December 2nd
12:00 - 2:00 - Ticket 4010
$125.00

3D Printing & Digital Dentistry Conference
Dental Laboratory
Technicians Programs
Sleep Apnea Symposium
Oral Cancer Symposium

BUY A BUNDLE AND SAVE WITH GNYDM’S CE PASSPORT
Obtain more CE Credits and save money by purchasing one of our Education Bundles.

The GNYDM CE Passport Bundle includes Seminar and Essay courses.

When purchasing a bundle, attendees can register for as many Seminars and Essay courses as they want during all six days of the show.

Registration for all courses is required.

$595.00
entitles an individual to take unlimited* seminars and essays

$895.00
entitles a dentist and their entire staff to take unlimited* seminars and essays

*Excludes Workshops, Botox & Fillers, Sleep Symposium and Invisalign

5th Annual Global Orthodontic Conference
3rd Annual Pediatric Dentistry Summit
12th Annual INVISALIGN® - GNYDM EXPO
4 Days of Programming:
Sunday - Wednesday

Botox and Facial Fillers
Seminar & Workshop

Over 1,700 Exhibit Booths
Yoga and Wellness Workshop for Dentistry

Bhagwati J Mistry DDS, MDS
Diplomat American Board of Pediatric Dentistry; Private Practice
Certified Yoga Teacher; Kripalu 500 Hrs RYT
Kripalu Yoga For Health-Care & Schools
Yoga As Medicine,L-1; Life Force Yoga, L-1
111 Beech Lane, Tarrytown, NY
drbjmistry@icloud.com
914-960-9757
**Mental**
- Make better decisions
- Improve memory
- Reduce test anxiety
- Increase creativity
- Increase ability to be present
- Improve concentration and focus

**Emotional**
- Improve confidence
- Ability to bounce back
- Lower stress
- Decrease depression and anxiety
- Improve mood and sense of wellbeing

**Energetic**
- Wake up when tired
- Relax when wired
- Sustained energy throughout the day
- Balance energy

**Relationships & Community**
- Develop compassion for yourself & others
- Improve relationships family and friends
- Improve communication
  - Build community
  - Build confidence to share yoga tools with friends and family

**ASPECTS OF EXPERIENCE**
- Intuition/wisdom
- Emotional
- Physical
- Mental

**Yoga**
- Yoga is an experiment you can try for yourself.
- It's an exploration of self-discovery...
- Here we go!
**BENEFITS OF BREATHING PRACTICES**
- refresh the entire system
- calm the mind
- improve focus and concentration
- release physical tension
- promote relaxation
- cleanse and boost the respiratory system
- massage the internal organs
- improve digestion

**BENEFITS OF THREE-PART BREATH**
- increases lung capacity
- reduces fear, stress, and anger
- calms the nerves
- corrects poor breathing habits
- deepens natural breathing patterns

**BENEFITS OF OCEAN BREATH**
- relieves insomnia and promotes sleep
- tranquility and soothes the nervous system
- settles the mind
- heats the body
- slows the heart rate

**BENEFITS OF ALTERNATE-NOSETRIL BREATH**
- optimizes brain function
- balances the nervous system
- increases tranquility
- improves mental clarity and concentration
- reduces anxiety and stress

**NERVOUS SYSTEM**

- **parasympathetic**
  - REST
  - DIGEST
  - HEAL

- **sympathetic**
  - FIGHT
  - FLIGHT
  - FREEZE

**RIDING THE WAVE**
- "jump off the wave" "feel out" "get out"
- experience happens
- present with awareness of it
- "riding the wave"
- growth and learning
- positive choices
- healthy new habits
FORWARD BENDS
- rash your mind and body
- massage your abdominal organs
- increase flexibility in your hips and spine
- stretch the muscles in the back of your body
- draw your attention inward
- prepare you for a good night's sleep

INVERSIONS
- increase circulation of blood and lymph
- boost metabolism
- recharge your body
- calm your system to prepare for sleep
- strengthen your ability to relax
- nourish your brain to improve memory and concentration

BACKBENDS
- strengthen your back muscles
- stretch your abdominals
- activate and release strong emotions
- open your chest and heart

RESTORATIVES
- deeply relax and recharge your system
- calm and nurture your mind and emotions
- accelerate healing
- release stress and anxiety
- clear your mind
- make you feel refreshed

What KYIS Students are saying:
"Yoga has become an important part of my life due to this program... It’s a great stress reliever and it helps with everything from clear thinking and making good decisions to taking tests."
"Yoga makes me feel happier and more relaxed."
"In my experience of stressful school days, yoga has made me calmer and not as stressed."
"Friends who are doing yoga with me are kinder, if they are made or annoyed they breathe before talking. My relationships with people are getting stronger."
"It was an opportunity to de-stress in the middle of the day, and re-collect myself. It gave me tools to use in everyday life, now I have techniques to de-stress myself on my own..."