Yoga, Stress-Management and Wellness for Dentistry

Bhagwati J. Mistry
Welcome to the Greater New York Dental Meeting

Greater New York Dental Meeting™
Executive Headquarters
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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

9:45 - 11:45
Shofu
Dr. Ron Kaminer
Restorative

12:00 Noon - 4:30 P.M.
Philips Sonicare
Dr. Gerard Kugel
Whitening

First Fit
Drs. Frederick E. Solomon
Cyrus Tahmasebi
Digital

12:00 Noon - 4:30 P.M.
Align I Invisalign
I HERO
Drs. Karla Soto &
Christian Coachman
Restorative

3:30 - 5:15
3Shape
Dr. Sundeep Rawal
Digital

MONDAY
1:30 - 2:45

3:30 - 5:15

TUESDAY
2:00 - 4:15

WEDNESDAY
2:00 - 4:15

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

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

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-I; Life Force Yoga, L-I
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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

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 BREATHE**
- Relieves insomnia and promotes sleep
- Tranquility and soothes the nervous system
- Settles the mind
- Heats the body
- Slows the heart rate

**BENEFITS OF ALTERNATE-NOSTRIL BREATH**
- Optimizes brain function
- Balances the nervous system
- Increases tranquility
- Improves moral clarity and concentration
- Reduces anxiety and stress

**NERVOUS SYSTEM**
- **Parasympathetic**
  - Rest
  - Digest
  - Heal
- **Sympathetic**
  - Fight
  - Flight
  - Freeze

**RIDING THE WAVE**
- **Jump off the wave**
- **Fall out**
- **Get out**
- Healthy new habits
- Positive choices
- Growth and learning
- Experience happens
STANDING POSES
- build strength and flexibility in the legs, torso, and spine
- increase energy
- build self-confidence

TWISTS
- balance your nervous system
- improve digestion and metabolism
- help to eliminate toxins and cleanse your body
- maintain a healthy spine
- integrate both sides of the brain
- release anxiety and stress from your mind and body

BALANCING POSES
- develop concentration and stability
- increase coordination and grace
- promote physical, mental, and emotional balance

REFILLING THE WELL
Practices for Self-Care
- yoga postures
- breathing
- relaxation
- spending quality time with family and friends
- playing or listening to soothing music
- making art
- journaling
- spending time in nature
FORWARD BENDS
- Calm 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
- 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
- Raise your energy and external awareness
- 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 recollect myself. I gave new tools to use in everyday life, now I have techniques to de-stress myself on my own...