

Gurjeet Singh Birdee, M.D., M.P.H.

Education:

College:

- University of Rochester, Rochester, NY
Bachelor in Science (B.S.) in Biochemistry (Magna Cum Laude)
August/1994 - May/1998
- University of Rochester, Rochester, NY Bachelor of Arts (B.A.) in Religion (Magna Cum Laude)
August/1994 - May/1998

Professional or Graduate School:

- University of Rochester, Rochester, NY
Doctor of Medicine (M.D.)
July/1998 - May/2002
- Harvard School of Public Health, Boston, MA
Master of Public Health (M.P.H.) in Clinical Effectiveness July/2006-May/08

Postgraduate Training:

- Jackson Memorial Hospital at the University of Miami, Miami, FL
Combined Internal Medicine and Pediatrics Internship Program
June/2002 - June/2003
- Jackson Memorial Hospital at the University of Miami, Miami, FL
Combined Internal Medicine and Pediatrics Residency Program
June/2003 - June/2006
- Osher Research Center, Harvard Medical School, Boston, MA
General Internal Medicine and Complementary and Alternative Medicine Fellowship Program
Mentor: Dr. Russell Phillips, MD
July/2006 - June/2009
- Krishnamacarya Healing and Yoga Foundation
Chennai, India and the Healing Yoga Foundation San Francisco, CA

Yoga Teacher Training Program (500 hours)

January/2008 - October/2010

- Yoga as Therapy North America

San Francisco, CA

Yoga Therapy Training Program (1000 hours)

June/2014- January/2017

Licensure and Certification:

- TN Medical License # 46115

04/27/2010 - present

- American Board of Internal Medicine, Internal Medicine Initial Certification: 2006

Recertification: 2016

Currently participating in MOC

- American Board of Pediatrics Initial Certification: 2006

Recertification: 2016

Currently participating in MOC

Academic Appointments:

- Research Fellow in Medicine Osher Research Center

Harvard Medical School, Boston, MA

July/2006-June/2009

- Instructor in Medicine

General Medicine and Primary Care Beth Israel Deaconess Medical Center, Boston, MA

July/2009-June/2010

- Assistant Professor of Medicine and Pediatrics

General Internal Medicine and Public Health , General Pediatrics

Vanderbilt University School of Medicine, Nashville, TN

August/2010-August/2018

- Associate Professor of Physical Medicine and Rehabilitation, Internal Medicine and Pediatrics

Osher Center for Integrative Health, Department of Physical Medicine and Rehabilitation

Vanderbilt University School of Medicine, Nashville, TN

April/2022-present

Hospital Appointments and Clinical Practice:

- Staff Physician, Internal Medicine Marino Center for Progressive Health, Cambridge, MA

September/2006-June/2008

- Staff Physician, Primary Care Upham's Corner Health Center, Dorchester, MA
August/2008-June/2009
- Clinical Associate, Internal Medicine and Pediatrics Massachusetts General Hospital Revere Healthcare Center, Revere, MA
July/2009-July/2010
- Associate Staff, Internal Medicine Beth Israel Deaconess Medical Center, Boston MA
September/2006-July/2010
- Staff Physician, Internal Medicine and Pediatrics Vanderbilt University Medical Center, Nashville, TN
July/2010-July/2018
- Physician Case Manager, Internal Medicine and Pediatrics, Teladoc, Boston, MA
April/2018- October/2021
- Integrative Medicine Physician, Ha.Le Mind Body, Nashville, TN
July/2018- March/2021
- Medical Director, Ha.Le Mind Body, Nashville, TN
July/2019- March/2021
- Staff Physician, Internal Medicine, Heritage Medical Associates, Nashville, TN
June/2020- March/2022
- Staff Physician, Physical Medicine and Rehabilitation, Vanderbilt University Medical Center, Nashville, TN
April/2022-present

Professional Organizations:

- American Academy of Pediatrics, Member
- American College of Physicians, Associate

Professional Activities:

Intramural:

- Jackson Memorial Hospital at the University of Miami Chief Resident Combined Internal Medicine and Pediatrics Program
July/2005-June/2006
- Faculty Wellness Committee, Member Vanderbilt University Medical Center
July/2014-July/2018

Extramural:

- Academic Consortium for Integrative Medicine and Health Vice Chair, Working Research Committee
April/2016-March/2017

- Academic Consortium for Integrative Medicine and Health Chair, Working Research Committee

April/2017-July/2018

- Chief Executive Officer and Co-Founder, Mind-Body Evolution, LLC, Nashville, TN

January 2019- present

Editorial Activities: Associated Editor

- *Global Advances in Health and Medicine*

Ad Hoc Reviewer

- *Evidence Based Complementary and Alternative Medicine*

- *Explorer*

- *Journal of Alternative and Complementary Medicine*

- *Journal of Pain*

- *New England Journal of Medicine*

- *Pediatrics*

- *American Journal of Medical Sciences*

- *Clinical Epidemiology*

- *Diabetes/Metabolism Research and Reviews*

- *Academic Pediatrics*

- *Global Advances in Health and Medicine*

Reviewer

2012 Reviewer, Pilot and Feasibility Project, Einstein Diabetes Research Center

2014 Reviewer, Pilot and Feasibility Project, Vanderbilt Clinical Diabetes Translation Research

2015 Reviewer, Osher Center Pilot Grant Review, Harvard Medical School

2015 Reviewer, Small Grants Program, Center for Integrative Medicine (TCFIM) at the University of Colorado Hospital

2016 Reviewer, Osher Center Pilot Grant Review, Harvard Medical School

2016 Reviewer, Clinical Research on Mind-Body Interventions Study Section, ZAT1 HS-(28), 2016

Reviewer, Clinical Research in kidney disease-R21 Special Emphasis Panel Study Section, ZRG1 DKUS-R-(55)

2016 Reviewer, Clinical Research on Mind-Body Interventions Study Section ZAT1 HS-(29)

2017 Reviewer, Small Grants Program, Center for Integrative Medicine (TCFIM) at the University of Colorado Hospital

2017 Reviewer, Exploratory Clinical Trials of Mind and Body Interventions Study Section, ZAT1 VS-(02)

2017 Reviewer, Mechanistic Studies to Optimize Mind and Body Interventions in NCCIH High Priority Research Topics (R33/R61), ZAT1 YW-(03)

Other Professional Activities:

- Research Director

Vanderbilt Center for Integrative Health, Vanderbilt University Medical Center

July/2010-July/2015

- Individual therapeutic yoga for patients with chronic disease Vanderbilt Center for Integrative Health, Vanderbilt University Medical Center Weekly - 1 hour sessions

July/2010-July/2015

- Supervise Mind-body Movement Program Vanderbilt Center for Integrative Health, Vanderbilt University Medical Center Weekly- 1 hour sessions

September/2012-July/2015

Special Awards or Recognition for Professional Activities:

- de Kiewiet Summer Research Fellow

University of Rochester, Department of Biology 1997

- Magna Cum Laude, University of Rochester 2005

- Phi Beta Kappa, University of Rochester 1998

- Chief Resident, Internal Medicine and Pediatrics Jackson Memorial Hospital at University of Miami
July/2005-July/2006

- Travel Award - North American Research Conference on Complementary and Integrative Medicine, Consortium of Academic Health Centers for Integrative Medicine, Minneapolis, MN 2009

- Extramural Loan Repayment Program for Clinical Research National Institutes of Health 2011-2013

Teaching Activities:

Medical School Courses:

- Internal Medicine and Pediatrics Curriculum, Lecturer Miller School of Medicine, University of Miami / 2002-2006

- Complementary and Integrative Medicine, Lecturer Marino Center for Progressive Health 2006

- Characteristics of Yoga, Tai Chi, and Qigong Users in the U.S., Lecturer Osher Research Center Harvard Medical School/ 1 hour 2007

- Yoga as a Therapy for Cardiovascular Disease, Lecturer Osher Research Center Harvard Medical School/ 1 hour 2007

Students

2011 Kathryn Tapper, MSII George Washington University School of Medicine, Student

Research Training Program in Kidney Disease at Vanderbilt University Medical Center.

2015 Charles Thorpe, Neuroscience at Vanderbilt University, Interdisciplinary Internship, Advisor on Meditation and Mindfulness

2016 Isabella Ahrens, Medicine, Health & Society Major, Honors Thesis at Vanderbilt University,

“Mindfulness Meditation: Its Past, Present, and Future Implications for Medicine”. Abstract presentation at International Congress on Integrative Medicine & Health, 2016.

2016 Aubri Charnigo, MSIV, Vanderbilt University Research Immersion, “Self-Efficacy in the Practice of Intradialysis Yoga”.

2016 Matthew Richardson, Senior Design in Computer Engineering at Vanderbilt University, “iOS App Integrated with Hexoskin Smart Shirt Technology”.

2017 Virtual Reality group project advisor (CS 3892/UNIV3279) at Vanderbilt University

Invited Lectures:

- International/National 2009 Complementary and Alternative Medicine in the U.S.: Contrasts with Indian Medical Practices, Madras University, Department of Psychology, Chennai, India 2009
- Clinical Applications of Yoga, General Medicine Grand Rounds, Southwestern Medical Center, Houston TX 2009
- Clinical Applications of Yoga, General Medicine Grand Rounds, Beth Israel Deaconess Medical Center, Boston, MA 2010
- Clinical Applications of Yoga, Osher Clinical Center For Complementary and Integrative Medical Therapies Conference, Brigham and Women’s Hospital, Boston, MA 2011
- Therapeutic Application of Mind-Body Practices for Patients with Chronic Kidney Disease, Fresenius Medical Care, Regional Registered Dietician Meeting, Nashville, TN 2013
- Mind-Body Medicine, Tennessee State University, Biology Seminar, Nashville, TN 2013
- Building the Scientific Evidence for Yoga, Music City Yoga Festival, Franklin, TN 2014
- Standardization of Yoga Interventions in Research, Symposium on Yoga Research, Kripalu, Lenox, MA 2014
- Mind-Body Therapies for Patients with End-Stage Renal Disease, National Kidney Foundation Spring Clinical Meeting, Dallas, TX 2014
- Application of Mind-Body Therapies for Patients with End-Stage Renal Disease, National Kidney Foundation, Spring Clinical Meeting, Las Vegas, NV
- 2015 Mind-Body Practices for Patients on Dialysis, National Kidney Foundation Clinical Meeting, Fort Lauderdale, FL 2015
- Integrating Traditional Yoga and Ayurveda Theory into Research Protocols, Symposium on Yoga Research, Kripalu, Lenox, MA 2016
- Mind-body Practices for Patients on Dialysis National Kidney Foundation Clinical Meeting, Chicago, IL 2016
- Mind-Body Therapies for Kidney Disease, National Kidney Foundation Patient Education, Chicago, IL 2016
- Mind-Body Medicine, Tennessee State University, Biology Seminar, Nashville, TN 2016
- Methods of Biomedical Research in Yoga, Yoga as Therapy North America, Yoga Therapy Training, Nashville, TN 2017
- Dosing Physiological and Psychological Relaxation Through Slow Breathing Vanderbilt University Medical Center, Translational Research Forum, Nashville TN 2017
- Preliminary effects of yoga among adults at high cardiometabolic risk, Vanderbilt Diabetes Day, Vanderbilt University Medical Center, Nashville, TN 2018
- Mind-Body Practices for Health: Movement, Breathing, and Attention, Vanderbilt University Medical

Center, Medical Grand Rounds, Nashville, TN 2018

- Stretching the Breath for Health: The Science and Clinical Application of Slow Breathing from Yoga, Harvard University, Osher Grand Round, Boston, MA 2022
- Making People Whole: Integrative Physical Medicine & Rehabilitation, Vanderbilt University Medical Center, Physical Medicine and Rehabilitation Grand Rounds, Nashville, TN 2022
- Applying Yoga in the Modern World: Research and Practice, Global Conference on Evidence-based Traditional Medicine, Kuala Lumpur, Malaysia, 2022
- Self-Care with Mind-Body Practices for Healthcare Providers, Baptist Health Deaconess, Trover Symposium, Madisonville, KY 2022

Local Institutional

2010 Pilot Study of Intra-dialysis Yoga, Vanderbilt University Medical Center Renal Grand Rounds

2011 Mind-Body Matters: Translating Mind-Body Practices for Patients with Chronic Disease, Vanderbilt University Medical Center, Division of General Internal Medicine Conference

2011 Introduction to Integrative Medicine, Vanderbilt University Medical Center, Monthly Nurse Meeting

2011 Complementary and Alternative Medicine for Musculoskeletal Disorders Vanderbilt University Medical Center, Internal Medicine and Pediatric Conference

2012 The Relationship of Autonomic Tone and Mind-body Practices, Vanderbilt University Medical Center Vanderbilt Neurocardiology Rounds

2013 Botanical Supplements Vanderbilt University Medical Center, Internal Medicine and Pediatric Conference

2013 Botanical Supplements, Vanderbilt University Medical Center, Internal Medicine Conference

2014 Integrative Medicine and Personal Wellness, Vanderbilt University Medical Center, Critical Care Anesthesiology Faculty Development

2014 Leveraging Mind-Body Relationships for Primary Care, Vanderbilt University Medical Center, Division of General Internal Medicine Conference

2014 Mind-body Movement for Health Vanderbilt University Osher Lifelong Learning Institute

2015 Botanical Supplements, Vanderbilt University Medical Center Internal Medicine Conference

2016 Careers in Integrative Medicine, Alpha Epsilon Delta, Vanderbilt University

2017 Modulation of autonomic tone with slow breathing techniques, Vanderbilt University Medical Center Vanderbilt, Neurocardiology Rounds

Clinical Teaching:

- Ambulatory Primary Care Preceptor Beth Israel Deaconess Medical Center 60 hours per year 2006-2009
- Clinical Training in Mind-Body Medicine Benson Henry Institute of Mind-Body Medicine at Harvard Medical School Two lectures and yoga classes on yoga for stress reduction and health maintenance 2009

Research Program:

Past Projects:

T32AT00051 Institutional National Research Service Research Training in academic medicine and complementary and integrative medicine

7/2006 -6/2009

Role: Clinical Research Fellow

P30-DK092986 Vanderbilt Center for Diabetes Translational Research Pilot Award Mind-body Practices for Patients with Metabolic Syndrome

4/2012 – 9/2014

The purpose of this study was to determine the feasibility of yoga with health education as compared to health education alone among patients with metabolic syndrome.

Role: Principal Investigator

K-23 Career Development Award Mind-body Therapies for Patients with End-stage Renal Disease

9/2012 – 8/2017

The purpose of this study is to determine the feasibility and safety of intra-dialysis yoga as compared to usual care among patients with end-stage renal disease. Role: Principal Investigator

R61AT009340 Breathing Interventions for Relaxation

9/2016 - 7/2018 The purpose of this study is to examine the physiological and psychological effects of different slow breathing effects. Initially, we will compare if exhale>inhale versus exhale=inhale produces measurable differences in stress among healthy adults (R61). Then, we will compare if these breath ratios produce differences in stress among adults with elevated stress and chronic disease.

Role: Principal Investigator

PCORI/RTI International Clinical Strategies for Managing and Reducing Long-term Opioid Use for Chronic Pain

01/2018-7/2018 In this large-scale pragmatic trial, we will examine the comparative effectiveness of two approaches to reducing opioid dosages for chronic pain patients who are on chronic opioid therapy: Shared decision making and guideline-concordant pharmacotherapy (Arm 1) compared with a cognitive behavioral therapy for chronic pain +motivational interviewing and guideline- concordant pharmacotherapy (CBT-CPT) (Arm 2).

Role: Site Co-Investigator

Stanford University Spine Pain Intervention to Enhance Care quality And Reduce Expenditure 01/2018-7/2018

There is an urgent need to identify effective and efficient ways of helping subjects with acute spine pain while guiding practitioners towards high-value care. This trial will be a block and cluster-randomized open-label multi-centered pragmatic randomized clinical trial comparing healthcare spending and clinical outcomes for subjects with spine pain of less than three months' duration, in whom there are no red flag signs or symptoms.

Role: Site Co-Investigator

Vanderbilt University Medical Center Yoga for Employee Health

01/2018-7/2018

This project will collect and analyze data among employees at Vanderbilt University Medical Center participating in yoga for back pain and insomnia at the Osher Center for Integrative Medicine. Back pain and insomnia are very prevalent conditions that reduce quality of life, increase medical costs, and reduce work productivity. Employee Health is providing yoga classes to employees with diagnosed chronic lower back pain or insomnia. This study will examine pre- and post-symptoms related to conditions among study participants to assess preliminary effects of yoga. Role: Principal Investigator

U.S. Deprescribing Research Network - Augmenting BRZA Deprescribing with Acupuncture and Yoga Among Older Adults

08/01/2023-7/31/2024

Benzodiazepine receptor agonists including benzodiazepines and other z-drug hypnotics are associated with unacceptable health risks for older adults. Expert guidelines recommend a gradual taper, however, current success-rates for deprescribing are sub-optimal due to symptoms of anxiety and insomnia. The goal of this project is to test the feasibility of augmenting protocol-driven deprescribing with combined acupuncture and yoga.

Role: Principal Investigator

Publications and Presentations: Articles in Refereed Journals:

1. Birdee GS, Legedza AT, Saper RB, Bertisch SM, Eisenberg DM, Phillips RS. Characteristics of yoga users: Results of a national survey. *Journal of General Internal Medicine*. 2008; 10:1653-1658.
2. Birdee GS, Yeh GY, Wayne PM, Phillips RS, Gardiner P. Clinical applications of yoga for the pediatric population: A systematic review. *Academic Pediatrics*. 2009; 9:212-220.
3. Birdee GS, Wayne PM, Davis RB, Phillips RS, Yeh GY. Tai chi and Qigong for Health: Patterns of Use in the U.S. *Journal of Alternative and Complementary Medicine*. 2009; 9:969-973.
4. Birdee GS, Phillips RS, Davis RB, Gardiner P. Factors Associated with Pediatric use of Complementary and Alternative Medicine in the United States: Results from the National Health Interview Survey. *Pediatrics*. 2010; 125: 249-256.
5. Birdee GS, Yeh GY. Complementary and Alternative Medicine Therapies for Diabetes: A Clinical Review. *Clinical Diabetes* 2010; 28: 147-155.
6. Nerukar A, Yeh GY, Davis RB, Birdee GS, Phillips RS. When Conventional Medical Providers Recommend Unconventional Medicine: Results of a National Study. *Archives of Internal Medicine*. 2011; 171: 862-864.
7. Birdee GS, Byrne DW, McGown, PW, Rothman, RL, Rolando, LA, Holmes, MC, Yarbrough, MI. Relationship between Physical Inactivity and Health Characteristics among Participants in an Employee Wellness Program. *Journal of Occupational Medicine*. 2013 May; 55:514-519.
8. Birdee GS, Cai H, Xiang YB, Yang G, Li H, Gao Y, X, Zheng W, Shu XO. T'ai Chi as Exercise Among Middle-Aged and Elderly Chinese in Urban China. *Journal of Alternative and Complementary*

Medicine. 2013; 19:550-557.

9. Birdee GS, Phillips RS, Brown RS. Use of Complementary and Alternative Medicine Among Patients with End Stage Renal Disease. *Evidence-Based Complementary and Alternative Medicine*. 2013; 2013: 6 pages.
10. Kemper, JK, Gardner P, Birdee GS. Use of Complementary and Alternative Medical Therapies Among Youth with Mental Health Concerns. *Academic Pediatrics*. 2013; 13:540-545.
11. Sohl SJ, Weaver KE, Birdee GS, Kent EE, Danhauer SC, Hamilton AS. Characteristics associated with the use of complementary health approaches among long-term cancer survivors. *Support Care Cancer*. 2013; 11: 927-936.
12. Birdee GS, Kemper JK, Rothman RL, Gardner P. Use of Complementary and Alternative Medicine during Pregnancy and the Post-natal Period; an Analysis of the National Health Interview Survey. *Journal of Women's Health*. 2014; 23:824-9.
13. Sohl, S. J., Birdee, GS. & Elam, R. Optimizing patients' ability to achieve behavior change: How mindfulness may enhance health coaching. *American Journal of Lifestyle Medicine*. 2016; 10: 429- 436.
14. Birdee, GS, Rothman RL, Sohl SJ, Wertenbaker D, Wheeler A, Bossart C, Balasire O., Ikizler TA. Feasibility and Safety of Intra-dialysis Yoga and Education in Maintenance Hemodialysis Patients. *Journal of Renal Nutrition*, 2015; 25: 445-453.
15. Birdee GS, Bossart C, Wheeler A, Sohl SJ, Wertenbaker, W. Development of an Intra-dialysis Yoga Protocol for Patients with End-stage Renal Disease. *Yoga and Physical Therapy*. 2015; 5: 5 pages.
16. Birdee GS, Ikizler TA., Wheeler A, Bossart C, Wertenbaker W., Gregory B. Buchowski MS. Greevy RA, Sohl SJ, Jorif M, Rothman RL. Yoga Combined With Health Education for Risk Reduction of Metabolic Syndrome: A Randomized Controlled Pilot Feasibility Study. *Journal of Diabetes & Metabolism*. 2015, 6: 8 pages.
17. Birdee GS, Sohl SJ, Wallston K. Development and Psychometric Properties of the Yoga Self-Efficacy Scale (YSES). *BMC Complementary and Alternative Medicine*. 2016; 16:1-9.
18. Sohl, S. J., Danhauer, S. C., Birdee, G. S., Nicklas, B. J., Yacoub, G., Aklilu, M., Avis, N.E. A brief yoga intervention implemented during chemotherapy for colorectal cancer patients: A randomized controlled pilot study. *Complementary Therapies in Medicine*. 2016; 25: 139-142.
19. Sohl SJ, Birdee GS, Ridner SH, Wheeler A, Gilbert S, Tarantola D, Holcombe K, Berlin J, Rothman RL. 2016, Intervention Protocol for Investigating Yoga Implemented During Chemotherapy. *International Journal of Yoga Therapy*. 2016; 26: 103-111.
20. Ross A, Birdee GS, Touchton-Leonard K, Bevans M. 2016, Patient reported outcomes in yoga therapy. *International Journal of Yoga Therapy*. 2016; 26: 113-121.
21. Sohl, SJ, Wallston K, Watkins K, Birdee GS. 2016, Yoga for Risk Reduction of Metabolic Syndrome: Patient-Reported Outcomes from a Randomized Controlled Pilot Study. *Evidence-Based Complementary and Alternative Medicine*. 2016; 9 pages.
22. Birdee GS, Ayala SG, Wallston K. Cross-sectional analysis of quality of life measures among yoga practitioners. *BMC Complementary and Alternative Medicine*. 2017; 17: 8 pages.

23. Ayala SG, Wallston K, Birdee GS. Characteristics of yoga practice and predictors of practice frequency. *International Journal of Yoga Therapy*. 2018.
24. Herron A, Cavanaugh KL, Umeukeje EM, Ikizler TA, Birdee G. A Pilot Randomized Trial of Intradialysis Yoga for Patients With End-Stage Kidney Disease. *Kidney Int Rep*. 2022;8(2):357-359.
25. Addington EL, Schlundt D, Bonnet K, et al. Qualitative similarities and distinctions between participants' experiences with a yoga intervention and an attention control. *Support Care Cancer*. 2023;31(3):172.
26. Birdee G, Nelson K, Wallston K, Nian H, Diedrich A, Paranjape S, Abraham R, Gamboa A. Slow breathing for reducing stress: The effect of extending exhale. *Complement Ther Med*. 2023

Books, book chapters, invited review articles:

1. Birdee GS, Gardiner P. [Book Chapter] Yoga for Children. In: Culbert TP, Olness K, editors. *Integrative Pediatrics*. Oxford University Press. 2009

Presentations at Scientific Meetings:

Poster Presentations (Peer Reviewed):

1. Effects of delta-aminolevulinic acid on protoporphyrin IX accumulation in tumor cells transfected with plasmids containing porphobilinogen deaminase DNA de Kiewiet Research Fellowship Presentation Rochester, NY 1997
2. Characteristics of Yoga Users: Results of a National Survey Society of General Internal Medicine, Regional Meeting Boston, NY 2007
3. Characteristics of Yoga Users: Results of a National Survey Society of General Internal Medicine, Regional Meeting, Boston, NY 2007
4. Characteristics of Yoga Users: Results of a National Survey Society of General Internal Medicine, National Meeting, Toronto, ON, Canada 2007
5. Clinical Applications of Yoga for the Pediatric Population: A Systematic Review North American Research Conference on Complementary and Integrative Medicine, National Meeting, Minneapolis, MN 2009
6. Use of Complementary and Alternative Medicine among Patients with End-Stage Renal Disease Society of General Internal Medicine, National Meeting Phoenix, AZ 2011
7. T'ai Chi as Exercise among Middle age and elderly Chinese in Urban China. North American Research Conference on Complementary and Integrative Medicine, National Meeting Portland, OR 2012
8. Physical Inactivity Among Employees at Major Academic Medical Center and University North American Research Conference on Complementary and Integrative Medicine, National Meeting Portland, OR 2012
9. Pilot study intra-dialysis yoga and educational comparison group for patients with end-stage renal disease North American Research Conference on Complementary and Integrative Medicine, National Meeting Miami, FL 2014
10. Protocol Development for Implementing a Brief Yoga Intervention During Chemotherapy Society of

Integrative Oncology Boston, MA 2015

11. Dual use of Patient Reported Outcomes for Clinical Intake and Research at an Integrative Clinic

North American Research Conference on Complementary and Integrative Medicine, National Meeting, Las Vegas, NV 2016

12. Yoga for Risk Reduction of Metabolic Syndrome: Psychological Outcomes from a Randomized Controlled Pilot Study Society of Behavioral Medicine San Antonio, TX 2016

Oral Presentations (Peer Reviewed):

1. Pediatric use of yoga, Pangea Conference, Integrative Pediatric Council, National Meeting, New York, NY 2008

2. Use of Complementary and Alternative Medicine Among the Pediatric Population: Results of A National Survey North American Research Conference on Complementary and Integrative Medicine, National Meeting, Minneapolis, MN 2009

3. Development and Psychometric Properties of the Yoga Self-Efficacy Scale (YSES), North American Research Conference on Complementary and Integrative Medicine, National Meeting, Las Vegas, NV 2016

4. Application of Mind-Therapies among Patients with End-Stage Renal Disease Symposium on Yoga Research Kripalu, Lenox, MA National Meeting Lennox, MA 2016