

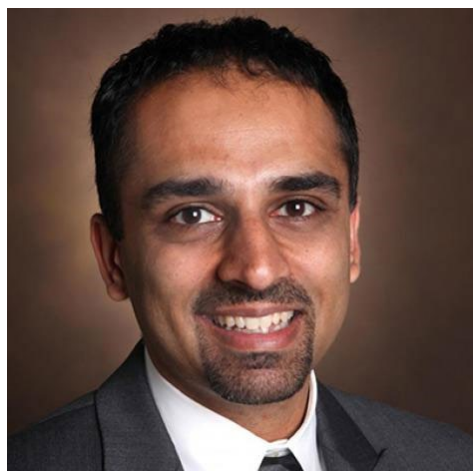
INTEGRATIVE MEDICINE GRAND ROUNDS

Tuesday, September 6 @ 8am (US ET)

[Register Here for the Zoom Webinar](#)



Stretching the Breath for Health: The Science and Clinical Applications of Slow Breathing for Yoga



Gurjeet Birdee, MD

Director

Osher Center for Integrative Health
Vanderbilt University Medical

Breathing serves a fundamental role in human physiology, emotion, and behavior. Slow breathing techniques have been used as part of yoga for 2 millennia. This branch of yoga is called *pranayama* which provides theory and techniques for slow breathing with potential health benefits. In the past few decades, there has been substantial research regarding the mechanism and clinical applications of *pranayama*. In addition, slow breathing techniques are common to many mind-body practices and psychological treatments.

In this presentation, Dr. Birdee will review the philosophy and technique of slow breathing from yoga, discuss potential mechanisms, and clinical applications for health conditions.

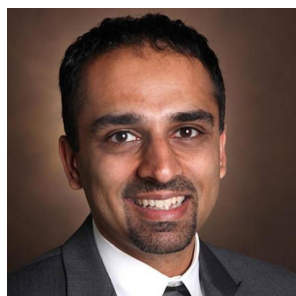
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**OSHER CENTER FOR
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Speaker Biography



Dr. Gurjeet Birdee is a board-certified physician in Internal Medicine and Pediatrics, having practiced clinical medicine in academic medical centers including Harvard Medical School and Vanderbilt University Medical Center. He has completed yoga therapy training and practiced mind-body techniques including meditation, slow breathing, and martial arts for over 30 years. He received a Master of Public Health from Harvard School of Public Health and completed the Integrative Medicine Research and Faculty Development Fellowship at the Osher Research Center Harvard Medical School in 2009. Dr. Birdee has conducted mind-body research for over one decade funded by the National Institutes of Health to advance the understanding on the mechanisms and clinical effectiveness of mind-body practices for chronic health conditions. Dr. Birdee is the Director of the Osher Center for Integrative Health at Vanderbilt University Medical Center. In addition to research, Dr. Birdee provides integrative consults and yoga therapy.

Upcoming | First Tuesday's 8:00–9:00am

10/04/22: "The Doctor Will Meditate with You Now: Implementation of Mind-Body Practices into Clinical Care"

Presenter: Paula Gardiner, MD, MPH, Director of Primary Care Implementation Research, Center for Mindfulness Compassion, Cambridge Health Alliance

11/01/22: Whole Body Hyperthermia and Depression

Presenter: Maren Nyer, PhD, Director, Research Coordinator Program at the Depression Clinical and Research Program (DCRP), Massachusetts General Hospital

12/06/2022: Second Annual Jack Cogan Lecture Series *TIME: 10:30am – 11:30m*

Presenter: David Rakel, MD, Director and Founder, Integrative Medicine Program at University of Wisconsin