

An Integrated You: The Art and Science of Subtle Energy Practices to Support Whole-Person Health

*An In-Person and
Live Virtual Activity*



Friday, November 6, 2026

**Ronald Reagan UCLA Medical Center
Tamkin Auditorium (B-Level)
757 Westwood Plaza
Los Angeles, CA 90095**

An Integrated You: The Art and Science of Subtle Energy Practices to Support Whole-Person Health

Friday, November 6, 2026

Course Description

Integrative medicine is a holistic approach to care that combines conventional medicine with evidence-based therapeutic approaches to support healing by addressing the physical, emotional, mental, social, spiritual, and environmental factors that impact whole health. “An Integrated You: The Art and Science of Subtle Energy Practices to Support Whole-Person Health” is a one-day conference that will explore the emerging science and clinical application of subtle energy and mind-body practices within integrative healthcare. Subtle energy practices represent integrative approaches that work through the interconnected systems of the body, breath, nervous system, attention, emotion, and human connection to support healing and well-being.

This one-day course will explore the emerging evidence supporting subtle energy and mind-body practices within integrative healthcare. Through lectures, panel discussions, and experiential sessions, participants will gain insights into the neurophysiology underlying practices such as breathwork, yoga, qigong, touch-based therapies, sound healing, and spiritual care. Faculty experts will examine how these approaches may influence autonomic nervous system regulation, stress physiology, emotional well-being, resilience, brain health, healthy aging, and whole-person healing across diverse clinical settings. The program will also address the growing role of spirituality, meaning, and connection in patient-centered care and modern healthcare.

Target Audience

This course is designed for primary care physicians, specialists, mental health providers, nurses, dietitians, and other healthcare professionals interested in integrative medicine.

Learning Objectives

At the conclusion of the program participants will be able to:

- Describe current evidence related to subtle energy and mind-body practices in supporting whole-person health and well-being.
- Explain the physiologic and psychosocial mechanisms through which breathwork, yoga, qigong, touch-based therapies, sound practices, and spiritual care may influence health outcomes.
- Identify and evaluate integrative approaches to autonomic nervous system regulation, stress reduction, emotional well-being, and healthy aging.
- Examine the role of spirituality, meaning, and human connection in supporting resilience and healing within clinical care.

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General Information

Friday, November 6, 2026

7:00 am – 5:00 pm

Location:

Ronald Reagan UCLA Medical Center
Tamkin Auditorium (B-Level)
757 Westwood Plaza
Los Angeles, CA 90095

Self Parking:

From the 405 freeway, exit Wilshire Blvd., East toward Westwood. Turn left on Westwood Blvd., travel past Charles E. Young Dr. South and turn left on "Structure 8 driveway". Visitor parking is available in Lot 8 at a rate of \$18 for the day. Please use the pay-by-plate stations to purchase your parking permit. The Ronald Reagan UCLA Medical Center is located on the corner of Westwood Plaza and Charles E. Young Dr. South.

In-person attendees will be provided breakfast, lunch, and reception at the meeting site.

The conference will also be available through a live virtual meeting web platform.

- Attendees who choose to attend the live virtual activity will receive a virtual meeting link and password to access the live virtual conference.
- All registrants (live or virtual) will be provided the opportunity to review recorded sessions up to 3 weeks following the conference.
- The recorded sessions are not certified for CME credit.

Call for Abstracts — Submission Deadline: Friday, October 2, 2026

We are now accepting abstract submissions for Scientific Research Posters and Educational Exhibits, to be presented live at the 2026 An Integrated You Conference, planned by the UCLA Health Integrative Medicine Collaborative, taking place on Friday, November 6, 2026, as described below:

Abstracts for Scientific Research Posters — presenting methods and results of original research of the authors.

Abstracts for Educational Exhibits — displaying materials aimed at sharing ideas and knowledge related to clinical, educational, and public policy-centered aspects of Integrative Medicine.

Please note that abstracts should not correspond exclusively to material that has already been published in a peer-reviewed full manuscript format at the time of submission, but they may have been already submitted, accepted, or presented at other meetings. An author must be available for live presentation of the poster at our Conference.

FORMATTING INSTRUCTIONS FOR ABSTRACT SUBMISSIONS

Size: 2500 character limit (approx 300 words), excluding spaces, and including Title, Authors and Affiliations, Background, Methods, Results, Conclusions, Funding Support (if any)

Please email abstract in Word format to brainwellnesscenter@mednet.ucla.edu.

Include in Subject Line: "Abstract - UCLA Health – 2026 IMC Conference"

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AGENDA

7:00 AM	Registration & Breakfast
7:45	Sound Bath <i>Stephanie Palomino, RN & Huy Vo, CRNA</i>
8:00	Introduction and Thematic Overview <i>Rashmi Mullur, MD</i>
8:15	The Science of Subtle Energy Practices <i>Shamini Jain, PhD</i>
9:15	An Exploration of the Layers of the Body Moderator: <i>Elizabeth Ko, MD</i> <i>Sierra Velasquez, CMT, Matthew Konersman, DPT, Julie Rowland, C-IAYT</i>
10:15	Break
10:30	The Role of the Prana in Supporting Autonomic Nervous System Regulation & Experiential Practice <i>Ravi Aysola, MD</i>
11:05	The Flow of Life: Exploring Qi through Traditional Chinese Medicine <i>Mary Fok, MD</i>
11:30	QiGong Experiential <i>Allen Jang, ND, CES</i>
11:40	Question and Answer Session Moderator: <i>Daniel Silverman, MD</i> <i>Ravi Aysola, MD, and Mary Fok, MD</i>
12:00 PM	Lunch
1:00	Kakit Hui Award
1:15	Interception and Body-Minded Approaches to Health <i>Sahib Khalsa, MD, PhD</i>
2:00	Assessing Spiritual Needs in Clinical Practice <i>Indu Subramanian, MD</i>
2:25	Spiritual Care in Modern Healthcare <i>Blake Arnall, MDiv, BCC</i>
2:50	Question and Answer Session Moderator: <i>Diana Winston, Director, UCLA Mindful</i> <i>Indu Subramanian, MD, and Blake Arnall, MDiv, BCC</i>
3:00	Break
3:15	Yoga Experiential <i>Julie Rowland, C-IAYT</i>
3:30	The Neuroscience of Spiritual Awakening <i>Helen Lavretsky, MD, MS</i>
4:30	Poster Session & Reception To submit an abstract for the Poster Session, please email: BrainWellnessCenter@mednet.ucla.edu

COURSE CHAIRS

Elizabeth Ko, MD, FACP, ABOIM

Associate Clinical Professor
David Geffen School of Medicine at UCLA
Medical Director, UCLA Health Integrative
Medicine Collaborative

Rashmi Mullur, MD

Clinical Professor
Director of Integrative Medicine Education
David Geffen School of Medicine at UCLA
Division of Endocrinology, Diabetes and
Metabolism
Chief of Telehealth
VA Greater Los Angeles Healthcare System

PROGRAM COMMITTEE

Mary Fok, MD

Assistant Clinical Professor
UCLA Center for East West Medicine

Dan Silverman, MD, PhD

Head, Neuronuclear Imaging Section
Ahmanson Translational Imaging Division
Director, UCLA Brain Wellness and PET
Consultation Services
Professor, Department of Molecular and Medical
Pharmacology
David Geffen School of Medicine at UCLA
Dr. Stothers

Lynn Stothers, MD, MHSc, FRCSC

Professor of Urology In-Residence

COURSE FACULTY

Blake Arnall, MDiv, BCC

System Director, Spiritual Care at UCLA Health

Ravi S. Aysola, MD

Founder & CEO The Aysola Center for
Respiratory, Sleep & Restorative Medicine
Founder & CEO TOORYA Inc.
Former Clinical Professor of Medicine
David Geffen School of Medicine at UCLA
Pulmonary, Critical Care & Sleep Medicine
Founding Chief, Sleep Medicine Section,
Department of Medicine, DGSOM at UCLA
Former Director UCLA Sleep Disorders Center

Shamini Jain, PhD

Assistant Adjunct Professor of Family Medicine

Sifu Allen Wai Jang, ND, CES

Director, Institute for Tai Chi & Qigong Arts
Certified “Master Instructor” by the American
Tai Chi & Qigong Association
Certified “Cancer Exercise Specialist” by the
Cancer Exercise Training Institute

Sahib S. Khalsa MD, PhD

Associate Professor in Residence
Director, Healthy Hearts Behavioral Medicine
Program
Director of Anxiety Disorders Research
Louis Jolyon West Innovation Chair
Communications Officer, Semel Institute for
Neuroscience and Human Behavior
UCLA Geffen School of Medicine

Matthew Konersman, DPT

Rehab Services Specialist 4
Site Coordinator of Clinical Education

Helen Lavretsky, MD, MS

Professor in Residence
Department of Psychiatry
Director, Integrative Psychiatry Program
Director Post-COVID Clinic
Research Pillar Lead, UCLA Health Integrative
Medicine Collaborative

Stephanie Palomino, RN

Registered Nurse, UCLA Health

Julie Rowland, C-IAYT

UCLA Health Director of Integrative Therapy at
Women’s Cardiovascular Center
Inpatient Integrative Therapist
Director of Yoga Therapy for Integrative Medicine
Collaborative

Indu Subramanian, MD

Clinical Professor of Neurology
David Geffen School of Medicine at UCLA

Sierra Velasquez, CMT

UCLA Health Palliative-trained Massage Therapist

Huy Quoc Vo, MSN, CRNA

UCLA Health Nurse Anesthetist
Ronald Reagan UCLA Medical Center

Course Title and Number

An Integrated You: The Art and Science of Subtle Energy Practices to Support Whole-Person Health

C07601

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Registration Rates

Physicians, Nurses, and Allied Health Professionals: \$150

Students, Trainees, and other learners: \$50



In-person registration includes access to the course materials, breakfast, lunch and reception at the meeting site. **Virtual registration** includes access to the live stream virtual conference. All registrants (live or virtual) will receive access to the conference recordings up to 3 weeks following the program.

We accept Visa, MasterCard, American Express, and Discover credit cards.

To register using a credit card or ACH/electronic transfer, please visit <https://ucla.cloud-cme.com/IntegratedYou26>.

*Credit card and check payments via phone, fax, or mail are no longer accepted.

Refunds

Cancellations must be received via email to ccpd@mednet.ucla.edu by Sunday, October 18, 2026 and will be subject to a \$25 processing fee. No refunds will be granted after that date. David Geffen School of Medicine at UCLA reserves the right to cancel or postpone this course if necessary; in the event of cancellation, course fees will be fully refunded to the original form of payment. We are not responsible for other costs, such as non-refundable airline tickets or hotel penalties.

Questions

If you have questions about enrollment, please call (310) 794-2620 or email: ccpd@mednet.ucla.edu.

Accreditation Statement

The David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The David Geffen School of Medicine at UCLA, designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California State Board of Registered Nursing accepts courses approved by the *AMA PRA Category 1 Credits™* as meeting the continuing education requirements for license renewal.

Nurses from states other than California should inquire with their local State Board for specific continuing education policies.

Disclosure Statement

The Accreditation Council for Continuing Medical Education (ACCME), Standards for Integrity and Independence mandates that the accreditation manages all identified relevant financial relationship(s) before the program and adequately discloses relationships to learners. The David Geffen School of Medicine at UCLA adheres to the ACCME Standards for Integrity and Independence in accredited continuing education.

The individuals below have been identified as having a position to influence the content of this educational activity. As such, they have disclosed the absence or presence of a relevant financial relationship(s) with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

All of the relevant financial relationships for these individuals have been mitigated.

Please follow the link to see the list of individuals.
<https://tinyurl.com/3skvrnye>