

# 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.

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

## 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](mailto:brainwellnesscenter@mednet.ucla.edu).

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

# **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**

## **AGENDA**

- 7:00 AM **Registration & Breakfast**
- 7:45 **Sound Bath**  
*Stephanie Palomino, RN & Huy Vo, CRNA*
- 8:00 **Introduction and Thematic Overview**  
*Rashmi Mullur, MD*
- 8:15 **The Science of Subtle Energy Practices**  
*Shamini Jain, PhD*
- 9:15 **Body-based Practices to Support Health**  
**Moderator:** *Elizabeth Ko, MD*  
*Sierra Velasquez, CMT, Matthew Konersman, DPT, Julie Rowland, C-IAYT*
- 10:15 **Break**
- 10:30 **The Role of the Prana in Supporting Autonomic Nervous System Regulation & Experiential Practice**  
*Ravi Aysola, MD*
- 11:15 **The Flow of Life: Exploring Qi through Traditional Chinese Medicine**  
*Mary Fok, MD*
- 11:45 **QiGong Experiential**  
*Allen Jang, ND, CES*
- 12:00 PM **Lunch**
- 1:00 **Kakit Hui Award**
- 1:15 **Interoception and Body-Minded Approaches to Health**  
*Sahib Khalsa, MD, PhD*
- 2:00 **Assessing Spiritual Needs in Clinical Practice**  
*Indu Subramanian, MD*
- 2:30 **Spiritual Care in Modern Healthcare**  
*Blake Arnall, MDiv, BCC*
- 3:00 **Break**
- 3:15 **Yoga Experiential**  
*Julie Rowland, C-IAYT*
- 3:30 **The Neuroscience of Spiritual Awakening**  
*Helen Lavretsky, MD, MS*
- 4:30 **Poster Session & Reception**

To submit an abstract for the Poster Session, please email:  
[BrainWellnessCenter@mednet.ucla.edu](mailto: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

### **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

### **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

### **Alicia Trocker, MS, RDN, IFNCP**

Outpatient Heart and Lung Transplant Dietitian  
UCLA Heart and Lung Transplant Program

## 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  
Association  
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

### **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

*An In-Person and Live Virtual Activity*

Friday, November 6, 2026

**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](mailto: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](mailto: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>