

Explore MUIH

JAN/FEB2019

A PUBLICATION FOR THE MUIH COMMUNITY



Marc Levin

Marc Levin Assumes Role as Interim President and CEO of MUIH

On February 1, 2019, Marc Levin, Chief Financial Officer and Chief Operating Officer, assumed the role of Interim President and CEO of Maryland University of Integrative Health following the resignation of Dr. Steven Combs.

Mr. Levin joined MUIH in March 2008 and has held several senior leadership positions since then. He has served as an officer for every president in the University's history and is extremely

knowledgeable on the operations and finances of MUIH.

Mr. Levin brought a substantial business background to the University. He has been a strong supporter of the University's values. Mr. Levin's considerable expertise and commitment to MUIH will help to ensure stable leadership for the University. Mr. Levin holds a master's degree in business administration and a bachelor's degree in accounting from the University of Maryland, as well as a Master of Arts in Transformational Leadership and Social Change from Maryland University of Integrative Health.

"MUIH and the community have always been special to me," said Mr. Levin. "Over the past 11 years, I've come to learn and appreciate a lot about our students, programs, and the operations of the University. I look forward to continuing our transformative work and ensuring a smooth and stable transition."

On Friday, January 11, 2019, in an announcement written to the MUIH community, Dr. Steven Combs stated, "I deeply appreciate the opportunity the Board provided me to serve MUIH and to facilitate the change needed to lead the University into its next phase. I am deeply proud of the work that has been accomplished and the groundwork that has been laid for the future success of the University. I am



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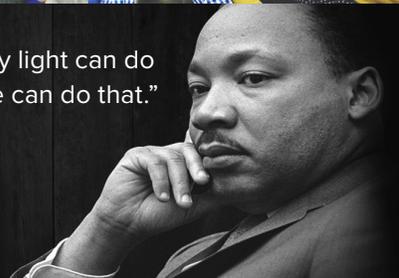
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"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate, only love can do that."

▶ MUIH CELEBRATES
BLACK HISTORY
MONTH 6



In Touch WITH OUR MANAGING EDITOR

Welcome spring students to a new trimester! I hope the winter break gave you an opportunity to recharge with friends and family in preparation for the excitement and challenges of spring.

A special welcome to our new students! Whether you are learning with us on-campus or virtually, you are joining one of the leading academic institutions for integrative health in the nation and we're glad you're here.

There will be many events over the year, such as the fourth annual Research Symposium, the third annual Nutrition Symposium, Commencement 2019, and a great deal more. Please be sure to pick up each issue of *Explore MUIH* to stay up to date on all the exciting events and news happening throughout 2019.

This edition of *Explore MUIH* contains a special announcement regarding changes to our University's leadership. It also highlights the new and improved Library and Quiet Room, a faculty trip to Brazil, a column from MUIH's Chief Diversity Officer on cultural competency and its relationship to equity, and a recipe for winter warming rosemary roasted chicken.

MUIH is also proud to celebrate Black History Month. We hope you find inspiration in the selection of moving quotes from prominent Black Americans.

We'd love to hear from you! If you have story ideas, or would like to contribute as a guest writer, email your thoughts to advancement@muih.edu.

Warm regards,

Natalie Williams

Natalie Williams
Vice President of
University Advancement



▼ LATEST NEWS

New and Improved Library and Quiet Room

In response to student feedback we've received in recent months, we are pleased to share with you that reconfiguration of the Library and Quiet Room spaces has been completed, and is ready for use. The Library's primary physical space has been converted into an open collaborative commons, expanding the number of individual and group study spaces available to students. This space continues to include five computer stations, and a printer and copy machine for students' use, as well as the Library Help Desk.



The collaborative commons is available for students' use when the building is open, considerably expanding students' access when the Library is not staffed. The Library has also expanded into classroom 1 and the physical collection (hard copy books, periodicals, and media) is now located in this room. Students will continue to be able to access the physical collection when Library staff are present. Students working on-campus and remotely continue to have 24/7 access to online Library materials, and support from Library staff during designated times. In addition, the Quiet Room has been moved to a designated quiet area within the commons which may be used for quiet study, meditation, and prayer.

Operating Hours

COLLABORATIVE COMMONS

(open during regular building hours)

Monday – Friday: 7:00 am - 10:30 pm

Saturday: 7:00 am - 7:00 pm

Sunday: 7:00 am - 7:00 pm

LIBRARY & LIBRARY SERVICES

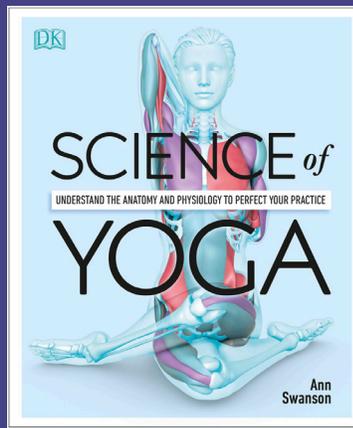
Monday – Saturday: 10:30 am - 4:00 pm

Sunday: Closed

For more information, visit www.muih.edu/campus-community/about-campus/sherman-cohn-library. ■

From the Expert

Manifesting a Book Deal



BY ANN SWANSON, MS, C-IAYT, E-RYT500, LMT
MASTER OF SCIENCE IN YOGA THERAPY,
CLASS OF 2015

People ask me how I got a book deal with a major publisher, DK/Penguin Random House, and I don't know what else to say but "I manifested it." This may sound strange, considering my book, *Science of Yoga*, is grounded in scientific research and facts. But, to me, the term "manifest" simply means: I set an intention, cultivated gratitude, and showed up with tenacity to do the gritty work on my path.

I consider my path to be what the Indian text, *The Bhagavad Gita* refers to as "dharma." As you live your dharma, you probably wonder, like Arjuna, the main character of the Gita, "what's next?" I have asked myself that same question every step along the way.

My dharma has included studying at MUIH, developing a fulfilling private practice, teaching in well-regarded programs, and, most recently, writing *Science of Yoga*, which will be released in over 15 countries and languages. However, my path has also included juggling (often too many) jobs, frustrating misfit jobs, and moments of exasperation where I felt like yelling "WHAT'S NEXT?!" to the universe *insert echo sound.*

I spent years in the grind from teaching 27 yoga classes per week to writing articles for yoga blogs, often for free. It was hard work but I loved the unique opportunities I developed, like teaching in retirement communities, community colleges, law offices, and even a teen summer symphony camp. I did work that gave me purpose, which was the right step on my path.

I spent two years at MUIH completing the Master of Science in Yoga Therapy degree. It was a big commitment, as you probably know. However, in the end, I truly believe that my degree from MUIH uniquely qualified me for many of the opportunities that I enjoy the most, like teaching at Kripalu (the nation's largest retreat center), teaching Yoga for Arthritis (an evidence-based program) to teachers across the country, and ultimately getting a book deal. At MUIH, I learned the tools of research while maintaining respect toward the traditions of this ancient, holistic practice. Also, I met mentors, colleagues, and friends that support and inspire me.

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▼ MUIH PRACTICES

The Need for Understanding Cultural Competency and its Relationship to Equity



BY DR. TITA GRAY,
CHIEF DIVERSITY
OFFICER

Understanding cultural competency provides greater awareness in

prevention of health and health care disparities. Disparities in "health" and "health care" are related, but not synonymous, concepts. A "health disparity" refers to a higher burden of illness, injury, disability, or mortality experienced by one group relative to another. A "health care disparity" typically refers to differences between groups in health insurance coverage, access to and use of care, and quality of care. Health and health care disparities often refer to differences that cannot be explained by variations in patient preferences, health needs, or treatment recommendations. (CDC Health Disparities and Inequalities Report – United States 2011).

Health inequality and inequity also are used to refer to disparities. Often, health care inequity is associated with socioeconomic status, however, disparities occur across many dimensions, including age, race/ethnicity, gender, geographic location, disability status, and sexual orientation. Research has demonstrated that integrating the concepts of patient care and cultural competence into the health care process can increase patient satisfaction and connection with treatment. Hospitals or clinics that do not adequately address inequities or

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NOW ENROLLING FOR SUMMER AND FALL 2019



START YOUR CAREER IN HEALTH AND WELLNESS TODAY

Maryland University of Integrative Health (MUIH), a national leader in the education and practice of natural medicine, is now accepting applications for our Summer and Fall 2019 terms.

CONTACT AN ADMISSIONS COUNSELOR TODAY TO LEARN MORE ABOUT OUR PROGRAMS IN:

- Acupuncture & Oriental Medicine
- Ayurvedic Wellness
- Health and Wellness Coaching
- Health Promotion
- Herbal Medicine
- Integrative Health Studies
- Narrative Health
- Nutrition
- Workplace Wellness
- Yoga Therapy

SUMMER 2019 TERM

(For online M.S. in Nutrition and Integrative Health: Human Clinical Nutrition concentration only)

- Priority Application Deadline: **March 1, 2019**
- Application Deadline: **April 22, 2019**
- Classes begin: **April 28, 2019**

FALL 2019 TERM

- Priority Application Deadline: **July 1, 2019**
- Application Deadline: **August 26, 2019**
- Classes begin: **September 1, 2019**

*MUIH is an accredited graduate university, one of just a few in the country
completely dedicated to integrative health.*

**Maryland University
of Integrative Health**

www.muih.edu/admissions
410-888-9048 ext. 6647



▼ LATEST NEWS

MUIH Explores Integrative Health Education and Research South of the Equator

BY:

- REBECCA PILLE, DEPARTMENT CHAIR, HEALTH AND WELLNESS COACHING, PH.D., M.S., CHWC, CWP
- BETH ROMANSKI, PROGRAM DIRECTOR, PROFESSIONAL AND CONTINUING EDUCATION, M.S., INHC

Six days, 6 airports, 10,000 miles, 2 cities, 4 schools, lots of learning, and amazing hosts at every location! That sums up the trip we took to Brazil last month. Invited by Founder and CEO Dr. Afonso Salgado of the Salgado Institute of Integral Health, our whirlwind visit demonstrated a shared passion for changing the way we think about health and healthcare on both sides of the equator.

Founded in 1998, the Institute's mission is to promote access to high quality, cutting-edge information and training that contributes towards professional excellence for physiotherapists (physical therapists/PTs) with a focus on health promotion and wellbeing with an integrative approach. Specializing in integrative PT, the Institute has engaged with over 100 collaborators, in over 120 continuing education courses for the benefit of over 50,000 students. The Institute also partners with several universities to conduct original research on the mechanisms and efficacy of integrative health therapies. We visited three partner-universities.

The purpose of the trip was to learn more about the Institute and how integrative health is taught and practiced in Brazil to inform MUIH's curriculum and teaching practices.

During the visit, we learned that physiotherapy is a primary gateway to complementary and integrative health therapies and practices. The Institute has been leading the effort in educating health and healthcare professionals in these concepts across Brazil, at global conferences, and through various international partners.

We toured the Institute, located in Londrina in the state of Paraná, and met with staff to learn more about their courses and



From left to right:
Salgado Institute's Lisandro Ceci, Beth Romanski,
Dr. Rebecca Pille, and UNISUL's Dr. Daniel Martins.

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▼ PCE COLUMN

Professional and Continuing Education at MUIH

WITH BETH ROMANSKI, PROGRAM DIRECTOR OF PROFESSIONAL AND CONTINUING EDUCATION, AND JULIA ROMANO, M.S., M.A., C-IAYT, ADJUNCT FACULTY, DEPARTMENT OF YOGA THERAPY

Maryland University of Integrative Health | **PCE**
Professional and Continuing Education

We are excited to be offering a program to expand the clinical skills and experience of certified yoga therapists with our new **Professional Certificate of Yoga Therapy for Acute Care**, an emerging field of yoga therapy practice.

Beth: What makes this program special?

Julia: This program is the first of its kind because what we are doing is pioneering. Participants have the unique opportunity to spend four days at Howard County General Hospital, experiencing both patient sessions and hands-on supervision.

Beth: Why would a professional learner participate?

Julia: This program is designed for Certified Yoga Therapists looking to extend their practice into specialty settings such as hospitals, clinics and doctors' offices--traditionally allopathic settings now only beginning to recognize the efficacy of formal partnership with complementary medicines as yoga therapy.

Beth: What is it like to practice yoga therapy in a clinical setting?

Julia: This is challenging work. Every patient is different. Acute care yoga therapy is a unique process, asking the therapist to be what few other practitioners in the hospital setting can be. While most everyone else who enters the patient room has a set protocol to follow, and medications and diagnoses to dole out, the yoga therapist is

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CELEBRATING
**BLACK
HISTORY
MONTH**

MUIH IS PROUD TO HONOR
THE MANY ACHIEVEMENTS
AND CONTRIBUTIONS MADE
BY AFRICAN-AMERICANS



“Let us reflect on the sacrifices and contributions made by generations of African Americans, and let us resolve to continue our march toward a day when every person knows the unalienable rights to life, liberty, and the pursuit of happiness.”

Barack Obama
44th President of the United States

“If we accept and acquiesce in the face of discrimination, we accept the responsibility ourselves and allow those responsible to salve their conscience by believing that they have our acceptance and concurrence. We should, therefore, protest openly everything... that smacks of discrimination or slander.”

Mary McLeod Bethune
*educator, stateswoman,
philanthropist, humanitarian,
and civil rights activist*

“No is a powerful word. To me, it’s the single most powerful word in the English language. Said clearly, strongly and with enough frequency and force, it can alter the course of history.”

Shonda Rhimes
*television producer, television and
film writer, and author*



“When I found I had crossed that line, I looked at my hands to see if I was the same person. There was such a glory over everything.”

Harriet Tubman
*abolitionist and political activist,
on her first escape from slavery,
1845*

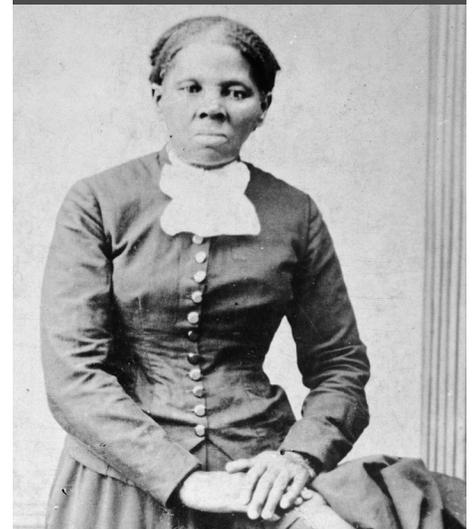


“I have learned over the years that when one’s mind is made up, this diminishes fear; knowing what must be done does away with fear.”

Rosa Parks
civil rights activist

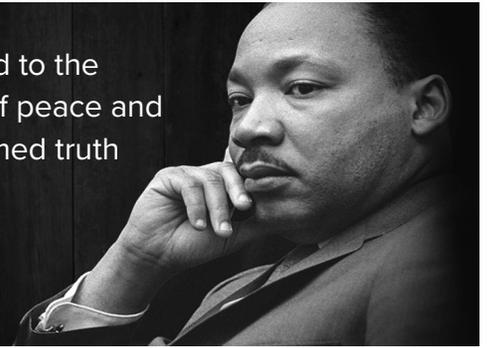
“One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings.”

Franklin Thomas
*philanthropist and
former President
and CEO of the Ford
Foundation*



“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word.”

Martin Luther King, Jr.
Baptist minister and activist



“It is a peculiar sensation, this double-consciousness, this sense of always looking at one’s self through the eyes of others....One ever feels his twoness - an American, a Negro; two souls, two thoughts, two unreconciled strivings; two warring ideals in one dark body, whose dogged strength alone keeps it from being torn asunder.”

from *The Souls of Black Folk, 1903*, by **W.E.B. DuBois**
sociologist, historian, civil rights activist, writer, and editor



“I believe that every single event in life happens in an opportunity to choose love over fear.”

Oprah Winfrey
media executive, actor, talk show host, television producer, and philanthropist

“My father was a slave and my people died to build this country, and I’m going to stay right here and have a part of it, just like you. And no fascist-minded people like you will drive me from it.”

Paul Robeson, *athlete, actor, singer, cultural scholar, author, and political activist*

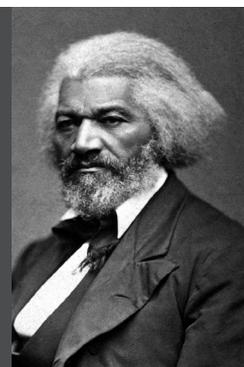


“The fact that the adult American Negro female emerges a formidable character is often met with amazement, distaste and even belligerence. It is seldom accepted as an inevitable outcome of the struggle won by survivors, and deserves respect if not enthusiastic acceptance.”

Maya Angelou
poet, singer, memoirist, and civil rights activist

“The life of the nation is secure only while the nation is honest, truthful, and virtuous.”

Frederick Douglass
abolitionist, orator, writer, and statesman



“In all things that are purely social we can be as separate as the fingers, yet one as the hand in all things essential to mutual progress.”

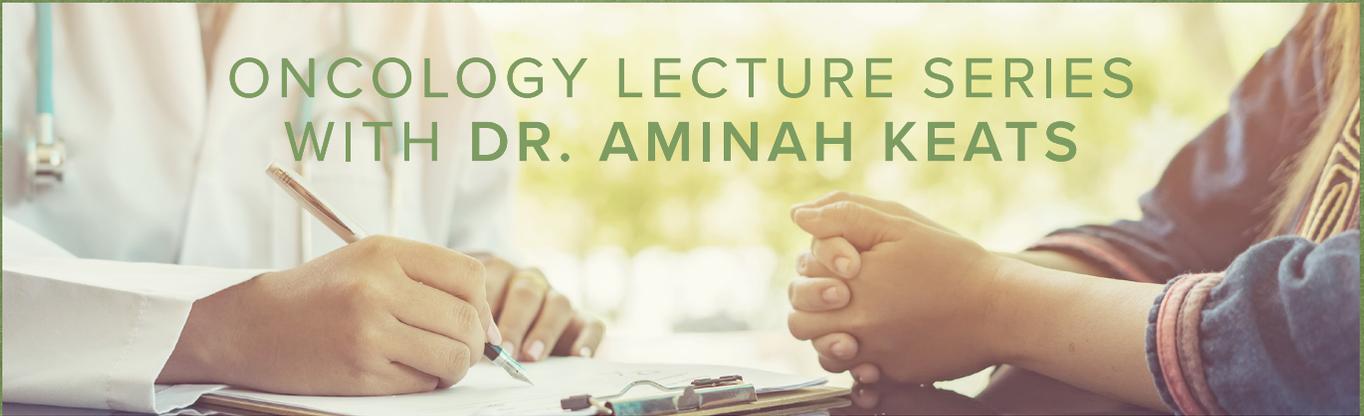
Booker T. Washington
educator, author, and presidential advisor



“Empower yourselves with a good education, then get out there and use that education to build a country worthy of your boundless promise.”

Michelle Obama
writer, lawyer, university administrator, and former First Lady of the United States

ONCOLOGY LECTURE SERIES WITH DR. AMINAH KEATS



Free Admission to All | Main Campus
RSVP at muih.edu/events

Top Tips for Cancer Prevention
MARCH 30, 10AM-11AM

How to Safely Integrate Natural
Medicine into Breast Cancer Care
APRIL 27, 10AM-11AM

How to Safely Integrate Natural
Medicine into Prostate Cancer Care
MAY 18, 10AM-11AM

How to Manage Treatment- Related
Side Effects in Cancer Care
JUNE 15, 10AM-11AM



AMINAH KEATS, N.D., FABNO

Dr. Aminah Keats is a licensed naturopathic physician who is board certified in naturopathic oncology and has specialized in integrative oncology for over 10 years. Her goal with each patient is to create

a personalized treatment plan that safely works to reduce side effects, support immune function, and offer cancer-fighting benefits to individuals who are actively undergoing conventional oncology treatment. Learn more at muih.edu/ncc.



NATURAL CARE CENTER
at Maryland University of Integrative Health

410.888.9048 ext. 6614 | naturalcarecenter@muih.edu | muih.edu/ncc



LAUREL
Wellness

Unwind and Relax

WITH THE AURICULAR ACUPUNCTURE EXPERIENCE AT MUIH.

Free and open to all, this service is offered on MUIH's main campus by clinical acupuncture students under the supervision of our experienced and licensed faculty.

WHEN: Mondays, 5:00 p.m. - 7:00 p.m.
Tuesdays, 12:00 p.m. - 2:00 p.m.
Wednesdays, 5:00 p.m. - 7:00 p.m.
Thursdays, 12:00 p.m. - 2:00 p.m.

CALL 410-888-9048 FOR DETAILS

STUDENT SPOTLIGHT



MYRON KIMBLE-MARVEL

Program:

Western Therapeutic Herbalism (Clinical Concentration)

Q: What drew you to MUIH?

A: The concept that there was an accredited program that dealt specifically with herbalism was the main draw. Many people have come to me throughout my life for herbal advice and I have used herbs since I was a small child, but I knew I was an amateur: someone who loved the art, but lacked that training that would take me to the next level. I always wanted to take some further step, but not be led astray by some unscrupulous program. The accredited degree option seemed the godsend I was waiting for.

Q: What excites you about your chosen fields of study?

A: I love the versatility of herbs. They allow me to provide a means to help people that the biomedical system might overlook. Herbs come in endless variety, with combinations of chemical compounds only dreamt about in the lab. The herbalist therefore becomes an intercessor for the client, providing the expertise to understand herbs in the context of each personal need.

Q: Has there been a course you've particularly enjoyed?

A: I particularly enjoyed Clinical Theory in Practice II. The abstract cases and critical thinking were an excellent window into the skills required for pursuing this field.

Q: Can you speak about the faculty here?

A: Overall, the majority of the faculty has a genuine love for the material. In effect, this gives the willing students some footing to build something great and lasting for themselves.

Q: What is your best MUIH memory?

A: In the Western Herbs program, we do a clinical retreat to discuss what it means to become a

practitioner and to see clients. For me, it was a wonderful bonding experience through which I got to see my classmates in a new light. Hearing their stories, sharing herbal theory, and finding connections to last me a lifetime, will stay with me forever.

Q: What is the one word that comes to mind when you think of MUIH?

A: Hopeful

Q: How do you plan to use what you've learned here?

A: I am currently a licensed and practicing bodyworker in the state of Maryland. It has always been my dream to expand my business from just bodywork to incorporate full person wellness. This training gives me the foundation I need to do so.

Q: What would you say about MUIH to a prospective student who is interested in attending?

A: I would tell a prospective student to focus on their vision first and foremost. There will be a lot of unexpected situations and information that seems to come out of left field. Don't let this dissuade you from that vision. Stay steady and refine your goals.

► CONTINUED FROM PAGE 3

Understanding Cultural Competency

disparities, cultural, communication, mobility, and other patient needs will continue to put themselves and their patients at risk of undesirable consequences.

Becoming a culturally competent health care provider requires a

thorough understanding of the foundation that characterizes cultural competence. First, all stakeholders needs to understand the causes that are encouraging health care systems to become culturally competent. Health care staff and practitioners also needs to recognize and understand the cultural and clinical dynamics in interactions with patients. Becoming culturally

competent involves acquiring the skills needed to identify and assist patients from diverse cultures and backgrounds. With the necessary skills and mindset, staff and practitioners can quickly identify the services required by a patient, thereby increasing positive health and health care outcomes. ■

WINTER WELLNESS OFFERINGS

MUIH's Winter Wellness Offerings are available to all MUIH Students, Faculty, and Staff.

RESTORATIVE YOGA

Tuesdays: 12:00 – 12:30 pm

Location: Maple Lawn - Summer Room

AURICULAR ACUPUNCTURE

Mondays: 5:00 – 7:00 pm

Tuesdays: 12:00 – 2:00 pm

Wednesdays: 5:00 – 7:00 pm

Thursdays: 12:00 – 2:00 pm

Location: Main Campus, rooms vary

GENTLE YOGA

Thursdays: 1:00 – 1:30 pm

Location: Main Campus, rooms vary

▶ CONTINUED FROM THE COVER

Marc Levin

forever thankful to the faculty and staff for your dedication and excellent work during my time here. To the students, you have an amazing opportunity to become leaders in this evolving field of integrative healthcare, and to become a part of an amazing alumni community. I wish the entire MUIH community prosperity and well-being along your journey.”

Dr. John Rosa, Interim Chair of the Board said, “We thank Dr. Combs for his service to MUIH and passion for integrative health. His leadership helped guide and shape the critical direction that is needed for the University as it strives to advance the conversation of integrative healthcare, both nationally and internationally. His hard work has set the stage for many great opportunities ahead.” ■

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Manifesting a Book Deal

As a lifelong student turned teacher, the end of the year has always been a slow time for me. With exams done and less clients booking around the holidays, I always take time to clean, organize, read tons of books, and deeply reflect. Last December, I remember saying to a friend on the phone that I was ready for a big, inspired project. So, I started a manifest journal focusing on words and feelings that I wanted to cultivate in the New Year: “I am grateful, curious, courageous, creative, and free...” I wrote them on my mirror, in my planner, and repeated them as truth, trusting that a big opportunity would come my way.

And somehow—I imagine while I repeated a mantra—an editor for Dorling Kindersley (part of Penguin

Random House) in London, read a random article I wrote online, perused my website, and decided that I was the person to write the book *Science of Yoga*. You see, they already saw there was a market interest, had a budget, and hired a team of illustrators and designers. They were just looking for a writer. They emailed me a proposal.

The funny thing? I starred and ignored the email for 10 days! When they followed up on Valentine’s Day, I took a closer look and realized that this was for real. You see, I was so busy focusing on what I thought was next on my path that I almost missed the unexpected.

I got a lawyer who specializes in publishing in New York City, signed the contract, and wrote the book in 5 intense month in an imperfect but

invigorating process. It was sometimes 70-hour weeks, but it inspired me and gave me so much purpose, even through the challenges.

I was asked to give advice to MUIH students, staff, and alumni in this newsletter. My advice is to keep moving forward on your path. You will know you are on the right path if what you do brings you meaning and purpose, not if it is easy. Also, keep asking (or yelling) openly to the universe “WHAT’S NEXT?” and be open to an unexpected surprise as you live out your dharma. ■

**ANN'S BOOK,
SCIENCE OF
YOGA, IS
AVAILABLE ON
AMAZON.
ORDER HERE:**



Scan me

COMMUNITY CORNER



DR. AMINAH KEATS

Aminah Keats, N.D., FABNO, a licensed naturopathic physician and practitioner at MUIH's Natural Care Center, recently gave a presentation at the University of Maryland Baltimore County's Wednesday Wellness Program. Dr. Keats offered an interactive exploration into naturopathic medicine, focusing on practices and remedies to aid in prevention and immune support during cold and flu season.



DR. LIZ LIPSKI

uBiome, the leader in microbial genomics, recently announced the addition of **Liz Lipski, PhD, CNS, LDN, FACN, BCHN**, Professor of Clinical Nutrition and Academic Director of Nutrition and Integrative Health Programs at Maryland University of Integrative Health, to its Scientific Advisory Board. Founded in 2012, uBiome is the leader in microbial genomics and its mission is to advance the science of the microbiome and make it useful to people.



DR. STEFFANY MOONAZ

Steffany Moonaz, Ph.D., Director of Clinical and Academic Research, contributed to the recently published collection of essays, *Yoga, the Body, and Embodied Social Change*. Using an intersectional lens, the essays examine yoga in the United States as a complex cultural phenomenon that reveals racial, economic, gendered, and sexual politics of the body.

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South of the Equator

clinic, which has a similar mission to our Natural Care Center. Later we toured the Department of Agronomy's cutting-edge regenerative and organic teaching gardens at Londrina State University. Our time in Londrina was rounded out with a visit to the Central University of Filadelfia's (UNIFIL) online instruction department. This group showed us how they enhance the Canvas learning management system (which is also used at MUIH) and their online courses.

We then traveled to the city-island of Florianópolis in Santa Catarina to visit the Health Sciences Department at the University of Southern Santa Catarina (UNISUL). Here we learned about the neuroscience research they conduct to explain the mechanisms and efficacy of integrative health therapies. We were also introduced to the undergraduate program in Naturology that includes the full spectrum of what we consider complementary and integrative health therapies and practices in the U.S.

This experience confirmed the worldwide direction of a holistic approach to health and wellness that blends healing traditions with contemporary science. As the field of complementary and integrative health expands, connecting with like-minded colleagues like those at the Salgado Institute can lead to a larger global impact in transforming how we think about health and healthcare at the individual, community, and policy levels in the 21st century. ■

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Professional and Continuing Education at MUIH

an organic, compassionate presence. It's truly a fulfilling and powerful experience.

MUIH's new certificate is approved as one of the first IAYT CE providers! **Join our elite program - apply by March 17, 2019.** Learn more at ce@muih.edu.

Interested in learning how to communicate the difference between yoga and yoga therapy? Join us for

our FREE PCE Webinar: **EXPANDING YOUR YOGA THERAPY PRACTICE TO CLINICAL SETTINGS** (Details and registration on back page of newsletter).

PCE offers a variety of online and onsite learning opportunities. View all of our current offerings at www.muih.edu/ce ■

EVENTS CALENDAR



FEBRUARY PCE WEBINAR: Expanding Your Yoga Therapy Practice to Clinical Settings

Wednesday, February 20, 2019
12:00pm - 1:00pm | Free Online Event

Learn how to educate licensed healthcare practitioners on the benefits of yoga and create partnerships within institutions to improve patient experience. This webinar can be valuable to C-IAYT Yoga Therapists looking for ways to break into this field as well as those Yoga Therapy training program directors. Learn more: ce@muih.edu.



Register for the Webinar
ID 865-856-883

Scan me



Good
Eating

ROSEMARY ROASTED CHICKEN AND POTATOES WITH GRILLED MUSHROOMS AND PEPPERS

Ingredients

- 1 lb. free range chicken legs/thighs
- 1 lb. potatoes*, quartered wedges
- 1 head of garlic, peeled and crushed
- 2 sprigs of rosemary, leaves stripped from the stem
- Salt and pepper
- 4 yellow banana peppers, grilled
- 2 large portabella mushrooms, grilled
- Fresh spiced basil or parsley for garnish

Method of Preparation

Place the chicken, potato, garlic, salt and pepper in a bowl. Mix them well and allow to sit for about 30 minutes for the flavors to blend well. In the meantime, heat the

oven to 375°F. Place all the chicken and potato in a baking pan and roast for about 45 minutes. Check to internal temperature of the chicken to reach 165°F. Shift the oven setting to broil the last 5 minutes to get a nice crispy coat. While the chicken is in the oven, grill your peppers and mushrooms.

*I recommend potatoes like purple sweet potato high in anthocyanins, or the Peruvian purple potato, Yukon gold, or red bliss these are less starchy potatoes high in potassium and they roast perfectly!



There is nothing more rewarding than the great smells of roasting chicken with rosemary and garlic that fills the kitchen with warmth and nourishment. Garlic has many antimicrobial properties, rosemary is great for cognitive health and the free-range chicken offer nutrients like omega 3 which helps us to stay healthy during the seasonal changes. Enjoy!

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