



## SUSAN PAYROVI, M.D.

Susan Payrovi M.D. is Clinical Assistant Professor of Anesthesiology, Periperaaitve and Pain Medicine at Stanford University.

She is triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.

Dr. Payrovi also holds certifications in Functional Medicine, Mind Body Medicine, and medical acupuncture.

# MONDAY MEDITATION

## A group approach to feeling more calming and centered

MONDAYS, 12 PM - 12:30 PM

EACH SESSION IS OFFERED AS A SHARED MEDICAL VISIT VIA ZOOM VIDEO

This program is for you if:

- You are new to meditation and don't know where to start
- You are an experienced meditator and want to build on your practice
- You have not been able to maintain a meditation practice on your own
- You enjoy the community aspect of group programs and like learning from others
- You are dealing with chronic disease and want to better manage your symptoms

Each week we will meet for 30 minutes to discuss and practice a new technique related to mindfulness and meditation. This is a co-created space and suggestions are welcome.

### PLEASE NOTE:

- This program is conducted as a series of shared medical visit requiring your active participation
- New and experienced meditators welcome
- Please plan on attending weekly to get the most out of the program



Each session is billed to your insurance as a shared medical appointment with a Stanford physician specialist