



# MID-DAY MEDITATION

## A GROUP APPROACH TO CALMING THE MIND

AUG 19 - DEC 16  
MONDAYS, 12 PM - 12:30 PM VIA ZOOM

### SUSAN PAYROVI, M.D.

Susan Payrovi M.D. is Clinical Assistant Professor of Anesthesiology, Perioperative 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.

### 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 a new topic or technique related to mindfulness and meditation before breathing and meditating together. 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 meditator welcome
- Please plan on attending weekly to get the most out of the program

TO REGISTER PLEASE CALL:

Stanford Center for Integrative Medicine

 (650) 498-5566



**Stanford**  
HEALTH CARE

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