

SGVPA Mindfulness Group

Second Saturday of every month

Time: 10:00 – 11:00 am

Location: Dr. Suzanne Lake's office
2810 E. Del Mar Boulevard, Suite 10A
Pasadena, California 91107

Moderator: Dan Rubin, Psy.D.

Our meetings will explore the practice of mindfulness as well as expand upon its clinical relevance and applications. Mindfulness is rooted in Buddhist meditation and philosophy, dating back more than 2,500 years.

Discover how this ancient methodology can be a contemporary tool for your practice.

Dr. Rubin has studied and practiced mindfulness meditation for over 13 years. Dr. Rubin has trained in Soto Zen Buddhism, Mindfulness Based Stress Reduction, and Shambhala Buddhism.

