

Meditation and Oriental Medicine

A Lecture Series at Miami Shore's Brockway Library



Robert Gastón, AP, DOM

Doctor of Oriental Medicine
Quan Yin Medical Center
217 NE 97th Street
Miami Shores, FL 33138
(305) 758-7011

- Cost:** FREE AND OPEN TO THE PUBLIC
Dates: Mondays April 6, 13, 20, 27 / 2020.
Location: Brockway Library, 10021 NE 2nd Avenue
Time: 6:15 PM - 7:30 PM
Registration: 305-758-8107
Website: www.QuanYinMedicalCenter.com

A lecture series on the theory and practice of Oriental Medicine and meditation will be offered at Miami Shores' Brockway Library this April every Monday night at 6:15 pm. Oriental Medicine is an extraordinary natural healing system that works very effectively and quickly. Meditation is the safest way to relieve stress and anxiety.

Biographical: Dr. Gastón has a BS in Planetary Science from MIT and a Doctor of Oriental Medicine degree from the Community School of Traditional Chinese Medicine and is Board-Certified by the NCCAOM. He also worked as an OR nurse at the Massachusetts General Hospital and at the Emergency Room of Boston Children's Hospital.

He received his clinical training in Oriental Medicine here in Miami and finished his last semester at the Heilongjiang University of Traditional Chinese Medicine in Harbin, China; he also worked at South Shore Hospital's Ryan White program supporting the treatment of HIV+ patients. He has taught OM at college and written major texts on Acupuncture and Herbology. Dr. Gastón is also an ordained Buddhist monk and facilitator of meditation at the Open Awareness Buddhist Center in El Portal, FL.

- Outline:**
- Lecture 1: Introduction to Meditation and Oriental Medicine
 - Lecture 2: Meditation / Acupuncture, Herbology
 - Lecture 3: Meditation / Pain Management
 - Lecture 4: Meditation / Relieving Stress

All lectures will begin with meditation instruction. Feel free to ask any questions throughout.