

Finding Peace Through Subtle Minds: Mindfulness and Compassion with Barry Kerzin, MD



Barry Kerzin, MD, is an American physician and Buddhist monk. He has lived in Dharamshala, India since 1988, where he provides medical care to the 14th Dalai Lama and treats the people in his local community, free of charge.

Dr. Kerzin has traveled throughout the United States teaching the medical benefits of meditation, mindfulness, and compassion.

Save the Date!

*More information on registration coming soon!
There will be a virtual option for each session.

Dates/Locations:

September 23, 2022

1pm-3pm at UPMC Passavant

September 27, 2022

12pm-2pm at UPMC Presbyterian