



LANDMARK RECOVERY RADIO

Landmark Recovery Podcast
Tuesday at 9 AM Pacific

March 22nd 2022: The Benefits of Mindfulness in Recovery

Discussing the neuroscience behind addiction, how addiction affects the brain, and how mindfulness and meditation can counteract those effects, Michael interviews Dr. Gus Castellanos, a retired Neurologist and is currently a Mindfulness Based Stress Reduction facilitator and meditation teacher, trained by the University of Massachusetts' Center for Mindfulness. Gus graduated from the University of Miami's Miller School of Medicine in 1980 and practiced neurology and sleep medicine at Jupiter Medical Center for 25 years. He has been practicing mindfulness since 1998 and has been teaching and

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Featured Guest



Gus Castellanos

Gus Castellanos, M.D. is a graduate of the University of Miami Miller School of Medicine. He practiced Neurology and Sleep Medicine in Jupiter for 25 years. He has been practicing mindfulness since 1998 and teaching and researching mindfulness-based programs since 2009. He is certified to teach Mindfulness-Based Stress Reduction (MBSR) by the University of Massachusetts Center For Mindfulness & trained with and participated in mindfulness research at the University of Miami's Neuroscience of Mindfulness Lab. He has facilitated hundreds of mindfulness programs to thousands of participants throughout South Florida and now teaches mindfulness virtually via zoom and in-person. He is an adjunct

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