



Beaumont Center for Mindfulness

Winter 2019

Mindfulness-Based Stress Reduction (MBSR)

**8-week course on Mondays 5:30-8 p.m.
January 21 to March 11**

Required introductory class January 7 or 14 from 5:30-8 p.m.
All-day retreat Sunday, March 3 from 9 a.m.-4 p.m.
Beaumont Hospital, Royal Oak
Cost of \$350* // Open to adults

MBSR Live Online

**8-week course on Wednesdays 5:30-8 p.m.
January 23 to March 13**

Required introductory class January 9 or 16 from 5:30-7 p.m.
All-day retreat Saturday, March 2 from 9 a.m.-4 p.m.
Online via webinar
Cost of \$350* // Open to all adults

Mindful Self-Compassion (MSC)

**8-week course on Tuesdays 5:30-8 p.m.
January 22 to March 12**

Required introductory class January 8 or 15 from 5:30-7 p.m.
Half-day retreat Saturday, February 23 from 1-5 p.m.
Beaumont Hospital, Troy
Cost of \$350* // Open to all adults

Guided MBSR Workbook

**12-week series
Mondays and Fridays from 12-12:30 p.m.
January 7 to March 29**

Online via webinar
Free and open to all adults // Attend any or all

Half-Day Retreat

Saturday, January 5 from 1-4 p.m.

Beaumont Health & Wellness Center, Rochester Hills
Cost of \$20 // Open to all adults

Weekly Online Meditation Group

**10-week series on Wednesdays from 7:30-8 a.m.
January 9 to March 13**

Online via webinar
Free and open to all adults // Attend any or all

TO REGISTER, VISIT: Classes.Beaumont.org search keyword 'Mindfulness' or Call 800-633-7377

FOR MORE INFORMATION: Beaumont.org/mindfulness // CenterForMindfulness@beaumont.org // 248-551-5454

*Scholarships available, Team Members receive a 75 percent discount

Supported by Beaumont Physician

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