

## Now Enrolling: [Fall Mindfulness Offerings](#)

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### **Mindfulness-Based Stress Reduction**

This eight week course teaches meditation, gentle yoga, mindful eating, mindful communication and how to use mindfulness to decrease stress.

Mondays 5:30-8 p.m.  
October 1 to November 26  
Beaumont Hospital, Royal Oak



Required introductory class September 17 or 24 from 5:30-7:30 p.m.  
Plus all-day session on Sunday, November 11

Open to adult oncology patients, Beaumont physicians, Beaumont employees and family members of any. Register [here](#).

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### **Mindful Self-Compassion**

This eight week course combines the skills of mindfulness and self-compassion, providing tools for emotional resilience.

Tuesdays 1:30-3 p.m.  
October 1 to November 26  
Beaumont Health and Wellness Center, Rochester Hills



Required introductory class September 18 or 25 from 1:30-3 p.m.  
Plus half-day session on Saturday, November 10

Open to all adults. Register [here](#).

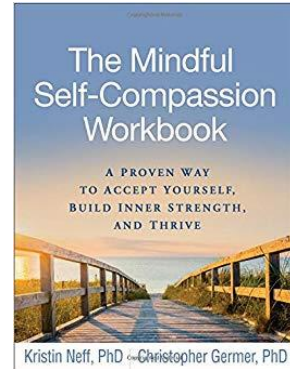
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## Guided Mindful Self-Compassion (MSC) Workbook Group

Each session provides a guided meditation, brief presentation of a chapter from the MSC Workbook (by Neff & Germer) and time for Q&A.

Tuesdays and Thursdays 12-12:30 p.m.  
September 11 to November 29  
Join from anywhere via webinar or phone!

Participants may choose to purchase the MSC Workbook but doing so is not required.



Open to all adults. Register [here](#).

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## Weekly Mindfulness Practice

Weekly sessions providing guidance of meditation and mindful movement, plus tips for ongoing practice.

Wednesdays 12-12:30 p.m.  
September 12 to December 12  
Join from anywhere via webinar or phone!



Open to all adults. Register [here](#).

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## Half-Day Retreats

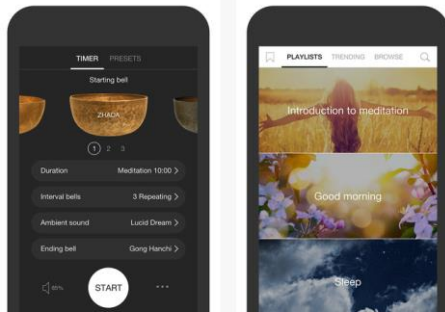
Overview of mindfulness, gentle yoga and guided meditation. Opportunities for group discussion.

Saturdays from 1- 4 p.m.  
September 15 - Beaumont Hospital, Farmington Hills  
October 13 - Beaumont Health & Wellness Center, Royal Oak  
November 17 - Grosse Pointe Academy  
December 15 - Beaumont Health & Wellness Center, Rochester Hills



Open to all adults, space it limited. Register [here](#).

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## Insight Timer

[Insight Timer](#) is a free app with an extensive library of guided practices.

Join the Beaumont Mindfulness group!

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# Beaumont

[Beaumont.org/Bwell](https://Beaumont.org/Bwell) and [Beaumont.org/Mindfulness](https://Beaumont.org/Mindfulness)