

# Center for Mindfulness

Fall 2019

## Mindfulness-Based Stress Reduction – 8-week course

**Mondays, Oct. 7 to Dec. 9 from 6-8:30 p.m.**  
**Dharma Gate Zen Center, Troy with Lucy Sternburgh, Ph.D.**  
Required Orientation Sept. 23 or 30 from 6-8:30 p.m.

**Thursdays, Oct. 17 to Dec. 12 from 9:30 a.m. – 12 p.m.**  
**Adat Shalom Synagogue, Farmington Hills with Ruth Lerman M.D.**  
Required Orientation Sept. 26 or Oct. 3 from 9:30 a.m. - 12 p.m.

All-day Retreat Sunday, Nov. 24 from 9 a.m. – 4 p.m. Cost: 350\*

## Mindful Self-Compassion – 8-week course

**Wednesdays, Oct. 9 to Dec. 18 from 6-8:30 p.m.**  
**Dharma Gate Zen Center, Troy with Lucy Sternburgh, Ph.D.**  
Required Orientation Sept. 25 or Oct. 2 from 6-8:30 p.m.

Includes Half-day Retreat Wednesday, Nov. 20 from 6-10 p.m.  
Cost: \$350\*

## First Step in MBSR Teacher Training – 11 session course

**Thursdays, Sept. 26 to Dec. 19**  
**9:30 a.m. – 12 p.m., 1:30-4:30 p.m.**  
**Adat Shalom Synagogue, Farmington Hills**  
**With Ruth Lerman M.D.**

Prerequisites and application required.  
Cost: \$1,575 (scholarships available for those in need)

## Online Meditation Groups

**Mondays** from 7:30-8 a.m.  
Sept. 9 to Dec. 23  
With Lucy Sternburgh, Ph.D.

**Wednesdays** from 7:30-8 a.m.  
Sept. 4 to Dec. 18  
With Ruth Lerman, M.D.

Registration not required.  
Join online at: <https://zoom.us/j/2488985000>  
or call (929)205-6099 Meeting ID: 248 898 5000



### INSTRUCTORS:

Ruth Lerman, M.D. Certified MBSR Instructor, MBSR Teacher Trainer  
Lucy Sternburgh, Ph.D. Certified MBSR Instructor, Trained MSC Teacher



**QUESTIONS?** email [CenterForMindfulness@beaumont.org](mailto:CenterForMindfulness@beaumont.org)

**TO REGISTER, VISIT:** [Classes.Beaumont.org](http://Classes.Beaumont.org)

**Beaumont**

\*Scholarships Available