



Center for Mindfulness

Spring 2019

Mindfulness-Based Stress Reduction (MBSR)

**8-week course with Lucy Sternburgh, Ph.D.
Mondays, April 15 to June 10 from 6-8:30 p.m.**

Orientation March 25 or April 1 from 6-8:30 p.m.

Dharma Gate Zen Center, Troy

All-day retreat Sunday, May 19 from 9 a.m.-4 p.m.

Cost: \$350* // Beaumont Team Members cost: \$85

Mindfulness-Based Stress Reduction (MBSR)

**8-week course with Ruth Lerman, M.D.
Wednesdays, April 17 to June 12 from 6-8:30p.m.**

Orientation March 27 or April 3 from 6-8:30 p.m.

Adat Shalom Synagogue, Farmington Hills

All-day retreat Sunday, May 19 from 9 a.m.-4 p.m.

Cost: \$350* // Beaumont Team Members cost: \$85

Mindful Self-Compassion (MSC)

**8-week course on Wednesdays 6-8:30 p.m.
April 24 to June 12**

No orientation required

Dharma Gate Zen Center, Troy

Half-day retreat Saturday, May 18 from 1-5 p.m.

Cost: \$350* // Beaumont Team Members cost: \$85

Guided MSC Workbook Group

11-week series

**Mondays and Fridays from 12-12:30 p.m.
April 15 to June 28**

Online via webinar

Free and open to all adults // Attend any or all

Half-Day Retreat

Saturday, April 6 from 1-4 p.m.

Dharma Gate Zen Center, Troy

Cost: \$20 // Open to all adults

Weekly Online Meditation Group

**11-week series on Wednesdays from 7:30-8 a.m.
April 17 to June 26**

Online via webinar

Free and open to all adults // Attend any or all

OUR INSTRUCTORS:

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

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

FOR MORE INFORMATION: Beaumont.org/mindfulness // CenterForMindfulness@beaumont.org // 947-522-1674