

# Living With Ease

*Gentle Yoga and Guided Meditation for All Adults*

## **Adat Shalom Synagogue**

29901 Middle Belt Rd  
Farmington Hills, MI 48334

**June 13 & 27**

**July 18**

**August TBD**

## **Beaumont Medical Center**

8545 Common Rd  
Warren, MI 48093

**June 20**

**July 11 & 25**

**August TBD**

**With Ruth Lerman MD, Certified M.B.S.R. Teacher**

**Tuesdays from 5:15-6:45pm**

Suitable for ALL Experience Levels

45 minutes Gentle Yoga followed by

45 minutes Guided Mindfulness Meditation

Attend any one or all.

Each session is an individual experience.

**For more information: [LivingWithEaseAfterCancer@beaumont.org](mailto:LivingWithEaseAfterCancer@beaumont.org) 248.551.5454**

**(These classes are unrelated to cancer)**

**No cost to participate. Registration not required.**

**BRING A MAT**