

Summer 2018

LIVING WITH EASE

Gentle yoga followed by guided mindfulness meditation hosted by Adat Shalom Synagogue

Drop-in Sessions

July 18 - August 22

Wednesdays 5:30 - 7:00 pm

No session Wednesday August 1

Classes held in the
Adat Shalom Synagogue Main Sanctuary

Led by
Lucy Sternburgh Ph.D.,
Mindfulness Based Stress
Reduction teacher, RYT200
certified Yoga teacher.

Open to all adults.
Attend any or all! Bring a mat.

To register: surveymonkey.com/r/bwellmindfulness

For more information email:

CenterForMindfulness@beaumont.org or Lucy.Sternburgh@beaumont.org

Beaumont