

Shalem

Mindfulness Based Stress Reduction

Learn meditation and mindful practices of yoga, eating and communication to reduce stress in a non-denominational program hosted by Adat Shalom Synagogue.

Introductory Classes

March 20 or 27

6:00 - 8:00 p.m.

Introductory class is required

8 Week Course

April 3 - May 22 Tuesdays

6:00 - 8:30 p.m.

All day class May 6

Classes held at

Adat Shalom Synagogue

29901 Middlebelt

Farmington Hills

Instructors

- Ruth Lerman, M.D.

MBSR teacher and teacher trainer certified by the University of Massachusetts Medical School; Medical Director, Beaumont Center for Mindfulness

- Rabbi Aaron Bergman

Adat Shalom Synagogue, spiritual guide, educator on wisdom traditions

Course cost of \$350*

Payable by check

*Scholarship available

- **29 hours of instruction**
- **Four meditation/yoga recordings**
- **Handbook**

For more information
shalemstressreduction@gmail.com
www.shalemstressreduction.com