

Summer 2019

DROP-IN YOGA & MEDITATION

Gentle yoga followed by guided mindfulness meditation

July 8 to August 12

Mondays, 5-6 p.m.

Adat Shalom Synagogue

29901 Middlebelt Rd., Farmington Hills, MI 48334

Outdoors behind the building. In case of inclement weather, in the main sanctuary.

Taught by Ruth Lerman, M.D.

FREE and open to all adults. Attend any or all! Registration not required.

Bring a mat. Weather permitting, classes will be held outside.

FOR MORE INFORMATION: visit Beaumont.org/mindfulness

QUESTIONS: call 947-522-1674 or email CenterForMindfulness@beaumont.org

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