

Summer 2019

DROP-IN YOGA & MEDITATION

Gentle yoga followed by guided mindfulness meditation

July 11 to August 15

Thursdays, 5-6 p.m.

No class July 25

Beaumont Health & Wellness Center, Rochester Hills

Second Floor, Mind-Body Studio

1555 E. South Blvd., Rochester Hills, MI 48307

Taught by Lucy Sternburgh, Ph.D.

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

FOR MORE INFORMATION: visit [Beaumont.org/mindfulness](https://www.beaumont.org/mindfulness)

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

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