



BEAUMONT CENTER FOR MINDFULNESS

Ruth Lerman M.D., Medical Director

Lucy Sternburgh Ph.D., Program Manager

The Beaumont Center for Mindfulness offers an evidence-based approach to address the causes of stress rather than treating the symptoms.

We offer experiential learning, that works for diverse groups and can be tailored to the needs of a specific population.

WHAT IS MINDFULNESS?

Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally.

Mindfulness training has been shown to positively impact overall well-being, mental health and physical health. Mindfulness training also supports a non-pharmacological approach to pain management.

MINDFULNESS OPPORTUNITIES

Visit our website for current programs and pricing.

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Sessions include training in meditation, gentle yoga, mindful eating, mindful communication and how to decrease stress. This intensive 30 hour course is eight weeks.

MINDFUL SELF-COMPASSION

Combine the skills of mindfulness and self-compassion to cultivate and enhance your capacity for emotional wellbeing. This intensive 25 hour course is eight weeks.



VISIT beaumont.org/mindfulness OR EMAIL US AT CenterforMindfulness@beaumont.org.

MINDFULNESS PRACTICE GROUPS

Various sessions, via webinar or phone, providing guidance of formal mindfulness practice, plus suggestions for ongoing practice.

HALF-DAY RETREATS

Sessions include a basic overview of mindfulness, gentle yoga, guided meditation and opportunities for group discussion. Retreats can be an initial introduction or refresher.

MBSR TEACHER TRAINING

Take the first course on the pathway to certification as an MBSR teacher. Please contact us for additional information about prerequisites.

CORPORATE CONSULTATIONS

We are experienced in designing and offering presentations, workshops and courses for organizations wanting to improve communication, focus and well-being in their workforce. Contact us for details.

OUR INSTRUCTORS:

- **Ruth Lerman M.D.** Certified MBSR Instructor, MBSR Teacher Trainer
- **Lucy Sternburgh Ph.D.** Certified MBSR Instructor, Trained MSC Teacher



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