

Deepening Practice, Understanding and Connection

A Workshop for Teachers of Mindfulness-Based Programs

Saturday, October 19 from 1:30pm to 4:30pm

***Join mindfulness teachers for a workshop with
Bob Stahl, Ph.D. and Ruth Lerman, M.D.***

Periods of guided and silent mindfulness practice will be offered as well as time to talk and connect with one another. We will explore:

- Skillful ways to learn from our “teaching edges”
- What unites us
- What inspires us

Who is this workshop for: Mindfulness teachers who have a regular meditation practice and teach programs such as MBSR, MBCP, MBCT, MSC, L2B, Mindful Schools and others.

Date/Location: October 19 from 1:30pm to 4:30pm

- Colombiere Conference & Retreat Center, Clarkston, MI
- Optional dinner at 5:15pm

Registration Deadline: Friday, September 27 by 3p.m.

Workshop Cost:

- No charge for those attending the preceding October 13 through the 19 silent retreat
- \$25 facility fee for non-retreatants
- In lieu of a teachers’ fee, donations to support needs-based scholarships for mindfulness courses are appreciated

Dinner: There is an optional opportunity to nourish yourself and your connections by staying for dinner. A vegetarian meal is available for \$14.

Lead by Teachers

Bob Stahl, Ph.D., has founded 8 MBSR programs in medical centers in the SF Bay. He serves as an Assistant Professor of the Practice at Brown University Mindfulness Center and formerly at the Center for Mindfulness at the UMass. Medical School. Bob teaches mindfulness meditation retreats worldwide and is the former guiding teacher at Insight Santa Cruz and a visiting teacher at Spirit Rock, Insight Meditation Society, and Insight Retreat Center. He is coauthor of 5 books: A Mindfulness-Based Stress Reduction Workbook (1st & 2nd editions), Living with Your Heart Wide Open, Calming the Rush of Panic, A Mindfulness-Based Stress Reduction Workbook for Anxiety, and MBSR Everyday. Bob’s teaching embodies clarity and kindness.

Ruth Lerman, M.D. has been developing the Corewell Health Center for Mindfulness since 2000. She is a certified teacher and teacher trainer of Mindfulness Based Stress Reduction (MBSR) through the Center for Mindfulness at the UMass. Medical School and the Brown University Mindfulness Center. She is an Assistant Professor at the Oakland University William Beaumont School of Medicine. She teaches and presents to a wide range of groups and communities. Her research on mindfulness for cancer survivors and for health care workers has been published and presented in the U.S. and Europe and has been widely cited. She is a practicing physician specializing in breast health and disease. Her teaching is practical and compassionate.

Scan the code or click [here](#) to register for the workshop/dinner

To pay for your participation in the workshop and/or dinner, call 248.551.9888

For questions, email: CenterForMindfulness@CorewellHealth.org

