



FALL 2017 PROGRAMS

WEEKLY MEDITATIONS*

Wednesdays, 5:30 p.m. | Mondays & Thursdays, 1:10 p.m.

MINDFULNESS-BASED STRESS REDUCTION EIGHT-WEEK COURSES

Developed By Jon Kabat-Zinn

September 21 - November 9 | Thursdays, 7 p.m.

September 29 - November 17 | Fridays, 9 a.m.

September 16 - November 18 | Saturdays, 9:30 a.m.

INCLUDES ONE FREE MBSR ORIENTATION*

Thursday, September 7 | 7 p.m.

Friday, September 15 | 9 a.m.

INTRODUCTION TO MINDFULNESS AND MEDITATION WORKSHOP*

Thursday, September 14 | 7 p.m.

WELLNESS WEDNESDAY*

Labyrinth Walk and Open Meditations in collaboration with Ramapo Wellness Coalition

Lecture and Meditation with the Monks of Blue Cliff Monastery

Wednesday, September 27 | 11:30 a.m.

“LIVING AN AUTHENTIC LIFE” LECTURE

Maria Sirois, Psy.D.

Tuesday, October 3, 7 p.m. | Book Signing 6:30 p.m.

HALF-DAY MINDFULNESS MEDITATION SILENT RETREAT

Saturday, November 18 | 9 a.m.

SPECIAL OFFERINGS FOR EDUCATORS IN COLLABORATION WITH TMI EDUCATION

INTRODUCTION TO MINDFULNESS FOR TEACHERS AND ADMINISTRATORS*

Thursday, October 19 | 4 p.m.

MINDFUL YOGA IN THE CLASSROOM WORKSHOP

Thursday, November 16 | 9 a.m.

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For more information, inclement weather updates or to register or sign up for our mailing list, please visit www.ramapo.edu/kramecenter

INDIAN SITAR MUSICIAN ROOPA PANESAR IN A TRIO CONCERT

Presented by the Ramapo College Music Program and the Berrie Center for Performing and Visual Arts | Co-sponsored by the Krame Center

Concert | Saturday, September 16 | 8 p.m.

Student & Community Workshops offered Friday, September 15 and Saturday, September 16

For more information, concert tickets or to register, call the Berrie Center Box Office at 201.684.7844 or visit ramapo.edu/berriecenter

*SIGNIFIES A FREE EVENT



To request disability-related accommodations, please email mindfulness@ramapo.edu

