Ramapo College’s Krame Center to Host Three-Day Silent Retreat

MAHWAH, N.J. -- The Krame Center for Contemplative Studies and Mindful Living at Ramapo College is hosting a residential silent retreat August 6-9 on campus.

The three-day residential retreat is suitable for all levels. It will provide a supportive environment and include instructions to deepen your understanding of meditation. It will offer guided and silent sitting and walking sessions, optional daily yoga and individual and group meetings with retreat leaders from Cambridge Insight Meditation Center, Cambridge, Mass.

The cost is $475 per person and includes accommodations (private room with shower for three nights) and vegetarian-centered meals. Payment is due at time of registration. Participants also may offer a separate donation for the two retreat leaders (to be paid on the last day of the retreat).

For details and registration, as well as information on other events, visit the Krame Center website at www.ramapo.edu/kramecenter/community

The Krame Center for Contemplative Studies and Mindful Living at Ramapo College is a center for education, training and research on the application of mindfulness practices to everyday life. The Center brings interesting and innovative programs, workshops and speakers to the community. To receive information on upcoming events, go to www.ramapo.edu/kramecenter and click on add me to your mailing list. You can also follow us on Facebook or @kcmindfulness on Instagram and Twitter.

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Ranked by U.S. News & World Report as sixth in the Best Regional Universities North category, Ramapo College of New Jersey is sometimes mistaken for a private college. This is, in part, due to its unique interdisciplinary academic structure, its size of approximately 6,000 students and its pastoral setting in the foothills of the Ramapo Mountains on the New Jersey/New York border.

Established in 1969, Ramapo College offers bachelor’s degrees in the arts, business, humanities, social sciences and the sciences, as well as in professional studies, which include nursing and social work. In addition, Ramapo College offers courses leading to teacher certification at the elementary and secondary levels. The College also offers eight graduate programs as well as articulated programs with Rutgers, The State University of New Jersey, New York Chiropractic College, New York University College of Dentistry, SUNY State College of Optometry and New York College of Podiatric Medicine.