



RAMAPO COLLEGE OF NEW JERSEY
Office of Marketing and Communications
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Mindfulness-Based Stress Reduction 8-Week and 5-Day Residential Intensive Offered at Krame Center at Ramapo College this Summer

MAHWAH, N.J. -- The Krame Center for Contemplative Studies and Mindful Living at Ramapo College is offering two summer sessions of the 8-week Mindfulness-Based Stress Reduction course with free orientations to the course on Tuesday, May 23 and Thursday, June 1.

Many physicians are turning to mindfulness practice to help their patients find relief from conditions including asthma, chronic pain, gastrointestinal stress, high blood pressure, anxiety and panic episodes, sleep disturbances, stress and heart disease. Mindfulness-Based Stress Reduction (MBSR), developed by Jon Kabat Zinn, brings a form of meditation known as mindfulness into the medical mainstream. Learn how to take better care of yourself and mobilize your own inner resources for coping, growing and healing. Develop an awareness of the body and emotions and thoughtfully respond instead of react to situations. Learn to focus attention in the present moment.

There is also a 5-Day Residential Intensive MBSR course called “Mindfulness Tools” from August 10-15. For more information or registration, visit <http://tinyurl.com/zvlwrly>

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Ranked by *U.S. News & World Report* as one of the top in the Best Regional Public Universities North category, Ramapo College of New Jersey is sometimes viewed as 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.