



RAMAPO COLLEGE OF NEW JERSEY

Office of Marketing and Communications

Press Release

January 12, 2018

Contact: Angela Daidone

201-684-7477

adaidon1@ramapo.edu

Krame Center at Ramapo College to Hold One-Day Meditation Retreat on January 27

MAHWAH, N.J. – The Krame Center for Contemplative Studies and Mindful Living at Ramapo College of New Jersey will hold a one-day meditation retreat on **Saturday, January 27 from 9 a.m. to 3 p.m.**

The retreat, to be held in the Trustees Pavilion on Ramapo's campus, is designed for those interested in learning the basics of how to meditate, or for more experienced meditators looking for a beginner's mind approach. Pause, quiet your mind and body and cultivate the balance we all need in these stressful times. Learn how mindfulness meditation can help us be more present in all of the moments of our lives. Together we will explore mindfulness meditation practices that can help us relate to every moment in our lives with compassion and kindness. Learn the power of mindfulness meditation in building awareness, focus and concentration.

Participants will practice with experienced meditators, who will alternate periods of meditation, mindful walking, gentle movement, mindful eating, A Question & Answer Session will follow.

Cost for the one-day retreat is \$40. For more information or to register, please visit <https://www.ramapo.edu/kramecenter/programs/learn-meditate-one-day-retreat/>

The mission of the Krame Center for Contemplative Studies and Mindful Living is to support faculty, staff, and students while also serving the greater community as a distinctive center for learning and research in contemplative and mindfulness practices. The Center especially supports Ramapo's overall mission of promoting experiential and interdisciplinary learning, and intercultural understanding.

###

Ramapo College of New Jersey is the state's premier public liberal arts college. Ranked among the top colleges in the region by College Choice and recognized by, among others, U.S. News & World Report, Princeton Review, Colleges of Distinction and, also designated by Victory Media as a "Military Friendly College," Ramapo College is committed to academic excellence through interdisciplinary and experiential learning, and international and intercultural understanding.

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 business, education, nursing and social work. In addition, the College offers courses leading to teacher certification at the elementary and secondary levels, and offers graduate programs leading to degrees in Accounting, Business Administration, Educational Technology, Educational Leadership, Nursing, Social Work and Special Education.