



RAMAPO COLLEGE OF NEW JERSEY
Office of Marketing and Communications
Press Release
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Contact: Angela Daidone
201-684-7477
news@ramapo.edu

Krame Center at Ramapo College Announces Spring 2019 Schedule

MAHWAH, N.J. -- The Krame Center for Contemplative Studies and Mindful Living at Ramapo College of New Jersey has announced its schedule of courses and meditation sessions for spring 2019. For more information, visit www.ramapo.edu/kramecenter

***WEEKLY MEDITATIONS**

Mondays, January 7, 14, 21, 28

Join us for partially guided meditations every Monday afternoon from 1:10-1:45 p.m. Learn to mediate or expand your current practice. Come experience the benefits of meditation and practice in community. Beginners welcome, no experience necessary. FREE.

Krame Center, Anisfield School of Business, Rm. 420, Ramapo College of New Jersey, Mahwah. For more information or registration, please visit tinyurl.com/KrameMeditation

Wednesday, January 9, 16, 23, 30

Join us for partially guided meditations on Wednesday evenings from 5:30-6:30 p.m. Learn to mediate or expand your current practice. Come experience the benefits of meditation and practice in community. Beginners welcome, no experience necessary. FREE

Krame Center, Anisfield School of Business, Rm. 420, Ramapo College of New Jersey, Mahwah. For more information or registration, please visit tinyurl.com/KrameMeditation.

Thursday, January 10, 17, 24, 31

Join us for partially guided meditations every Thursday afternoon from 1:10-1:45pm. Learn to mediate or expand your current practice. Come experience the benefits of meditation and practice in community. Beginners welcome, no experience necessary. FREE Krame Center,

Anisfield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For more information or registration, please visit tinyurl.com/KrameMeditation.

***MINDFULNESS-BASED STRESS REDUCTION EIGHT-WEEK COURSES**

Developed by Jon Kabat-Zinn

Wednesdays, January 23 - March 13, 7 p.m.; Wednesdays, May 1 – June 19, 7 p.m.; Saturdays, January 26 – March 16, 9:30 a.m.; Saturdays, May 4 - June 29, 9:30 a.m.; Fridays, April 19 – June 14, 9 a.m.

***INCLUDES ONE FREE MBSR ORIENTATION**

Wednesday, January 9, 7 p.m.; Saturday, April 13, 9:30 a.m.; Saturday, January 19, 9:30 a.m.;
Wednesday, April 24, 7 p.m.; Friday, April 12, 9 a.m.

***BRINGING YOUR MINDFULNESS PRACTICE WITH YOU**

Saturday, January 12, 9 a.m. – Noon; For MBSR graduates or those with a meditation practice

***INTRODUCTION TO MINDFULNESS AND MEDITATION WORKSHOP**

Wednesday, January 16, 7 - 8:30 p.m.

***FREE ORIENTATION MINDFULNESS-BASED STRESS REDUCTION COURSE**

Wednesday, January 9

These orientation sessions are free of charge and are required of all participants before beginning the program. This is the most widely researched mind-body program in the world. You can experience, first-hand, mindfulness methods and approaches you will be learning during the program and meet our program instructors. Winter MBSR courses are offered on Wednesdays and Saturdays. Krame Center, Anisfield School of Business, Rm. 420, Ramapo College of New Jersey, Mahwah. 7-9 p.m. For more information or registration, please visit tinyurl.com/KrameMBSR

***“BRINGING YOUR PRACTICE WITH YOU” MINDFULNESS WORKSHOP**

Saturday, January 12

This workshop for MBSR graduates or those with a regular meditation practice will be a conversation about how our life can be and *is* our practice. Krame Center, Anisfield School of Business, Rm. 420, Ramapo College of New Jersey, Mahwah. 9 a.m.-Noon
For more information or registration, please visit <https://www.ramapo.edu/kramecenter/mindfulness-retreats/>

***FREE INTRODUCTION TO MINDFULNESS & MEDITATION**

Wednesday, January 16

The program will briefly review the meaning and benefits of mindfulness practices, and then present an experiential introduction to breath-based meditation practice. Suggestions will be offered on how to integrate a simple, but effective, mindfulness practice into one's everyday life. Krame Center, Anisfield School of Business, Rm. 420, Ramapo College of New Jersey, Mahwah. 7-8:30 p.m.

For more information or registration, please visit tinyurl.com/KrameMeditation

***FREE INTRODUCTION TO MINDFULNESS FOR EDUCATORS**

Thursday, January 17

Workshop is designed for K-12 teachers, administrators and instructional aides/support staff who are interested in learning more about developing a personal mindfulness practice. Krame Center, Anisfield School of Business, Rm. 420, Ramapo College of New Jersey, Mahwah. 4-6 p.m.

For more information or registration, please

visit <https://www.ramapo.edu/kramecenter/educator-mindfulness-programs/>

***FREE ORIENTATION MINDFULNESS-BASED STRESS REDUCTION COURSE**

Saturday, January 19

These orientation sessions are free of charge and are required of all participants before beginning the program. This is the most widely researched mind-body program in the world. You can experience, first-hand, mindfulness methods and approaches you will be learning during the program and meet our program instructors. Winter MBSR courses are offered on Wednesdays and Saturdays. Krame Center, Anisfield School of Business, Rm. 420, Ramapo College of New Jersey, Mahwah. 9:30-11:30 a.m.

For more information or registration, please visit tinyurl.com/KrameMBSR

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Ramapo College of New Jersey is the state's premier public liberal arts college and is committed to academic excellence through interdisciplinary and experiential learning, and international and intercultural understanding. The College is ranked #1 among New Jersey public institutions by College Choice, and is recognized as a top college by *U.S. News & World Report*, *Kiplinger's*, Princeton Review and *Money* magazine, among others. Ramapo College is also distinguished as a Career Development College of Distinction by CollegesofDistinction.com, boasts the best campus housing in New Jersey on Niche.com, and is designated a "Military Friendly College" in Victoria Media's *Guide to Military Friendly Schools*.

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 master's degrees in Accounting, Business Administration, Educational Technology, Educational Leadership, Nursing, Social Work and Special Education.

