



RAMAPO COLLEGE OF NEW JERSEY
Office of Marketing and Communications
Press Release
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Mindfulness at Ramapo College Announces January 2020 Schedule

MAHWAH, N.J. – Mindfulness at Ramapo College has announced its schedule of courses for January 2020.

****FREE ORIENTATION TO MINDFUL SELF-COMPASSION 8-WEEK COURSE**

Register for a free orientation to this 8-week course designed to cultivate self-compassion. Participants will learn skills for greater awareness of their own distress or suffering so they can respond with kindness and wisdom. Research shows that self-compassion correlates with greater happiness and well-being, decreased anxiety and depression, as well as healthier lifestyle habits.

Free Orientation Session:

Sunday, January 5, 9:30-11:30 a.m.

[Register Now](#)

8-Week Course:

Sundays, 9:30 a.m.-12:15 p.m.

January 12 - March 15

[Register Now](#)

[Find Out More](#)

****FREE ORIENTATION SESSIONS TO 8-WEEK MINDFULNESS-BASED STRESS REDUCTION COURSE (MBSR)**

Come to an orientation to the Mindfulness-Based Stress Reduction Course, the most researched mind-body program in the world. Greet the winter season with something meaningful.

Published research has shown that mindfulness training can be an important adjunct to conventional medical treatment of many disorders as well as a powerful way of reducing stress and pain. Physicians refer their patients to the MBSR course with conditions such as asthma, chronic pain, gastrointestinal stress, high blood pressure, anxiety and panic episodes, sleep disturbances, stress and heart disease.

Free Orientation Sessions:

Wednesday, **January 8** at 7 p.m.

[Register Now](#)

Saturday, **January 11** at 9:30 a.m.

[Register Now](#)

****8-WEEK MINDFULNESS-BASED STRESS REDUCTION COURSE**

Wednesdays at 7 p.m., January 15 - March 4

[Register Now](#)

Saturdays at 9:30 a.m., January 25 - March 14

[Register Now](#)

Special discount and CEUs available for Educators, Nurses and Nurse Practitioners

[Find out more about this life-changing course](#)

****FRAMEWORK FOR MINDFUL LIVING™**

A 5-DAY MBSR INTENSIVE with Mindfulness Center at Brown University

Are you interested in both learning about and addressing root causes of stress that can make a difference in your life and the lives of students, patients and clients you serve?

Mindfulness is an innate resource in all human beings that often is overlooked. This program offers intentional, step-by-step guidance to cultivate strength and familiarity with this human birthright of awareness, naturalness, openness and warmth. Through the practices of MBSR, you will have the opportunity to explore your relationship with the body, mind, heart and with one another in an environment rich in curiosity and engagement.

January 10 - 15

[Apply Now](#)

[Find Out More](#)

****FREE ORIENTATION TO “RAMAPO YOGA TEACHER CERTIFICATION”**

Yoga Alliance 200-Hour Certification (RYT200)

Mindfulness at Ramapo College is hosting free information sessions for those interested in learning to teach yoga. This 200-Hour Yoga Teacher Certificate is accredited through the Yoga Alliance.

Yoga Info Session:

Thursday, **January 16** at 5 p.m.

No registration required for free orientation.

Room ASB-420

[Find out more](#)

****INTRODUCTION TO MINDFULNESS FOR K-12 EDUCATORS AND ADMINISTRATORS
in collaboration with TMI Education**

Mindfulness is a purposeful way of focusing attention in the present moment. It promotes a presence in the here and now that is often lost in today's fast-paced society. Research indicates that mindfulness practices decrease anxiety and stress while enhancing the ability to concentrate and pay attention. The physical and psychological benefits have been well documented. This 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.

Mindfulness workshop for educators:

Thursday, **January 23** at 4 p.m.

[Register Now](#)

[Find Out More](#)

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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, data science, 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, Data Science, Educational Technology, Educational Leadership, Nursing, Social Work and Special Education.