



RAMAPO COLLEGE OF NEW JERSEY
Office of Marketing and Communications
Press Release
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Mindfulness at Ramapo Announces Virtual Self-Compassion Courses, Meditation Sessions

MAHWAH, N.J. -- Mindfulness at Ramapo has announced its spring 8-Week Mindful Self-Compassion Course, Silent Retreat and free remote Meditation Sessions.

MINDFUL SELF-COMPASSION (MSC) 8-WEEK COURSE

Saturdays, May 2 to June 27, 2020
9:30 a.m. to 12:15 p.m.

SILENT RETREAT

Sunday, June 7
9 a.m.-Noon
Assisted by Tamini Farah, Ph.D.

Co-developed by Christopher Germer, Ph.D. and Kristin Neff, Ph.D., MSC is an evidence-based 8-week course that teaches participants how to treat themselves as someone they love. Learn skills needed for greater awareness in the present moment of your own distress and suffering, in order to respond with kindness and wisdom. Research shows that self-compassion is correlated with greater happiness and well-being, decreased anxiety and depression, as well as healthier lifestyle habits.

Sessions will be offered live on Zoom

To register, visit

https://4agc.com/commerce_pages/3683bbd5-0b34-4460-92bf-93f7516c5b97

For more information about the course, visit www.ramapo.edu/mindfulness/mindful-self-compassion/

MONDAY MEDITATIONS AT RAMAPO COLLEGE

1:10 to 1:45 p.m.

Please join us as we practice together during this time of uncertainty in a safe and

supported Zoom community. Meditation practice enables us to learn to react and respond in a more mindful way, so we can be more open, grounded and present in our lives and with others.

These meditation sessions are free. All levels welcome. Registration is not required, unless you wish to be added to the mailing list. Zoom with or without video through your laptop, iPad, SmartPhone by clicking the Zoom link. Or call in for audio only and enter the Meeting ID listed below.

To register, visit https://4agc.com/commerce_pages/d7535f68-1e95-4361-b85a-554af4626d27

Meeting Link: <https://zoom.us/j/406892342>
Or call: +19292056099,406892342#

For more information about the weekly sessions, visit www.ramapo.edu/mindfulness/weekly-meditations/

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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.