



RAMAPO COLLEGE OF NEW JERSEY
Office of Marketing and Communications
Press Release
June 2, 2020

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Mindfulness at Ramapo Announces Summer Schedule

MAHWAH, N.J. – Mindfulness at Ramapo has announced its summer schedule, including its 8-Week Mindfulness-Based Stress Reduction (MBSR), free orientation sessions to Ramapo Yoga Teacher Certification, the new Mindfulness and Compassion for Difficult Times, and the free online weekly day and evening meditation sessions.

NEW OFFERING – MINDFULNESS AND COMPASSION FOR DIFFICULT TIMES

with Catherine Magner

Join us as we learn tools to bring mindfulness and compassion into our everyday lives, so we can develop more kindness, stability and ground during difficult times. Learn to stay present with emotions and experiences, while opening our hearts to offering ourselves and others the kindness and care we all deserve. No experience is necessary, all levels are welcome.

Saturdays | 9:30-11 a.m.

June 20 - July 18 (No Class July 4)

[Register Now](#)

For more information on our Mindful Self Compassion programs, please [click here](#).

FREE – ORIENTATIONS TO 8-WEEK MINDFULNESS-BASED STRESS REDUCTION (MBSR)

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

Friday | 9:30 a.m. | June 12

with Carol Bowman & Tami Bulleri

[Register Here](#)

Wednesday | 6:30 p.m. | June 17

with Punita Thaker

[Register Here](#)

Special discount and CEUs available for Educators, Nurses, and NPs

8-WEEK MINDFULNESS-BASED STRESS REDUCTION (MBSR) COURSES

Fridays | 9:30 a.m. | June 19- August 14 | Carol Bowman & Tami Bulleri

Wednesdays | 6:30 pm | June 24- August 12 | Punita Thaker

[Find out more about MBSR](#)

FREE – ORIENTATIONS TO "RAMAPO YOGA TEACHER CERTIFICATION" YOGA ALLIANCE 200-HOUR CERTIFICATION (RYT200)

Mindfulness at Ramapo College of NJ 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. The 11th year of Ramapo's 200-hour Yoga Teacher Certification Program (RYT200) will begin in September 2020.

Note: Attendance at a free information session is required prior to signing up for the Certification Program. If you are interested in learning more about the program but are unable to make any of the Mandatory Free Information Sessions, please contact cbowman@ramapo.edu

ONLINE Wednesday | June 10 | 6 -7 p.m.

ONLINE Wednesday | July 15 | 6 -7 p.m.

Location: <https://ramapo.webex.com/meet/cbowman> | 642035165

Join by video system.

Dial [cbowman@ramapo.webex.com](https://ramapo.webex.com) and enter your host PIN. You can also dial 173.243.2.68 and enter your meeting number.

Join by phone: +1-415-655-0001 US Toll. Access code: 642 035 165

[Find Out More about the yoga certification here](#)

FREE – ONLINE MEDITATION SESSIONS

Learn to meditate or expand your meditation practice at these partially guided weekly day mindfulness meditations for experienced or beginners. Meditations are open to all for free!

[Find Out More](#)

Mondays | 1:10 p.m.
with Catherine Magner

[Register Now](#)

LIVE ONLINE Meeting Link: <https://zoom.us/j/406892342>

Dial In: +1 929 205 6099, ID: 406892342#

Thursdays | 1:10 p.m.
with Nicole Baez

[Register Now](#)

LIVE ONLINE Meeting Link:

<https://ramapo.webex.com/meet/nbaez>

Wednesdays | 5:30 p.m.
with Tami Bulleri & Punita Thaker

[Register Now](#)

LIVE ONLINE Meeting Link:

<https://ramapo.webex.com/meet/tamibulleri>

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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.