



**RAMAPO COLLEGE OF NEW JERSEY**  
**Office of Institutional Advancement**  
**Press Release**  
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## **Ramapo College’s Berrie Center Presents Premiere of mignolo dance ‘Self Help’**

MAHWAH, N.J. – Metuchen-based mignolo dance will premiere their new work “Self Help” on Saturday, March 5 at 8 p.m. at the Berrie Center for the Arts.

“Self Help” explores mental health through the lens of a relationship between psychologist and patient using [Movenglish](#)® – a movement language in progress that directly corresponds to English. In this language, the nuances of English (e.g. sound, meaning, connotation, tense, difficulty, part of speech etc.) are embodied in as objective a fashion as possible through both the accumulation of collective human intuitions and in-depth analyses of words and concepts. The direct translation of spoken conversations is complemented by fragmented and deconstructed phrases that represent what happens between the lines and inside the mind, embodying a ceaseless yet hopeful striving toward balance between thought and feeling, mind and body, self and other. Following the performance, Berrie Center director Lisa Campbell will engage in a Q&A with the artists.

Founded in 2017 by sisters Charly & Eriel Santagado, mignolo dance is a 501-c3 nonprofit contemporary dance company that seeks to explore elements of various artistic mediums through the lens of movement. The sisters’ work has been presented at a wide range of national and international festivals, and has been produced by HERE Arts Center, Dixon Place, Jersey City Theater Center, and the Metuchen Arts Council. Their pandemic-inspired piece, “De-Eschatology,” won The Berrie Center’s Leaning into the Unknown Competition.

For more information or tickets, go to [www.ramapo.edu/berriecenter](http://www.ramapo.edu/berriecenter)

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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; is recognized as the state's top college on the list of Best Disability Schools by *Great Value Colleges*; was named one of the 50 Most Beautiful College Campuses in America by *CondeNast Traveler*; 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, Creative Music Technology, Data Science, Educational Technology, Educational Leadership, Nursing, Social Work and Special Education, as well as a post-master's Doctor of Nursing Practice.