

*New Jersey Center for Mindful Awareness*  
***Summer & Fall Events 2023***



An Invitation to join us  
at our open air home practice center this  
summer & fall in Farmingdale, NJ to culti-  
vate present moment awareness and con-  
nect with past mbsr classmates as we draw  
wisdom and revitalization from the peace  
and beauty of the natural world

**Half Day Alumni Retreat—June 4**

(additional dates below)

10am to 3:00pm

We will offer guidance with various forms of  
Mindfulness Practice as well as time for self-guided  
rest & reflection in the gardens and wooded paths.

*Suggested Cost: \$50\**

\*Pay what you can & scholarships available so all who are interested can attend

[Click Here for Registration](#)

**Special Events: June 24 and/or August 13 (9am-5pm)**

**“Creativity and Presence in the Natural World”**

**Plein Air Painting and Mindful Movement Workshop**

**With Maria and Art Teacher Gina Torello**

[Click Here for More Info and Registration Process](#)

**Upcoming Retreat Dates Summer & Fall 2023:**

**July 30**

**Sept 24**

**August 27**

**Oct 22**

[Click Here for Registration Form](#)



Dr. Ken A Verni is a licensed Psychologist and Certified MBSR Instructor with over 30 years of experience in practicing mindfulness. Ken is a frequent speaker on Mindfulness & offers trainings & workshops throughout N.J.



Maria Martinez Alonso is a Clinical Psychologist, EMDR Consultant, Certified MBSR Instructor and registered Yoga Teacher. Maria teaches internationally and currently consults for the United Nations offering Mindfulness and Stress Reduction trainings.



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