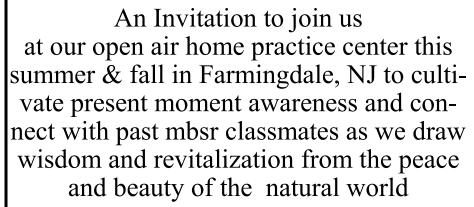
New Jersey Center for Mindful Awareness

Summer & Fall Events 2023



Half Day Alumni Retreat—June 4 (additional dates below)

(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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