



Stockton Center on Successful Aging Offers Classes on Mindfulness, Meditation, and Being in the Now

Weekly Practice and Discussion Group in Mays Landing, NJ

For Immediate Release

Friday, February 13, 2015

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Galloway Township, NJ - The Stockton Center on Successful Aging will be presenting weekly classes for older adults to learn and practice meditation techniques that focus on stress reduction and self-awareness.

Hour-long classes will be held at 11:30 a.m. on Thursdays at Woodview Estates Assisted Living, located at 5030 Unami Blvd. in Mays Landing. The first class begins on **March 5, 2015** and continues throughout the year.

The sessions will be presented by Linda Schwartz, who is certified in integrative yoga therapy and as a meditation instructor. She began practicing yoga and meditation in 1972 and started teaching in 2001. Schwartz successfully completed training in mindfulness-based stress reduction from the University of Massachusetts Medical Center, with John Cabat Zinn and Saki Santorelli, and is certified in Tai Chi Easy by the Institute of Integral Qigong and Tai Chi, based in Santa Barbara, CA.

Participants will explore and experience meditation techniques, the mind/body connection, wellness, expanding awareness and living in the moment, and how to calm the mind and soothe emotions through stress-reduction practices.

Using focused discussion concerning human perception and thought processes and their effect on emotions and the body, participants will explore mindfulness, present moment awareness, and a variety of other mind-body topics. The class will practice experiential guided visualizations for the body and mind as well as meditation.

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Two types of meditation practices will be used in each class:

- 1) Mindfulness-Based Stress Reduction: experiential training and skill development including mindful eating and breathing, guided body scans, and the practice of mindfulness meditation.
- 2) Mantra meditation: allowing us to go to deeper levels of the mind to access the peace and serenity within - leading to stress reduction, awake alertness, increased energy, and clarity of mind.

There is a \$6 fee per session that will be collected by the presenter. The class must maintain a minimum of 12 participants to continue so plan to attend and bring your friends.

Visit the SCOSA website at stockton.edu/scosa for listings of all SCOSA events, information, updates and cancellation procedures. Registration is not necessary.

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