



**RAMAPO COLLEGE OF NEW JERSEY**  
**Office of Communications and Public Relations**

**Press Release**

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## **New Children's Yoga Teacher Certification Offered This Summer at Ramapo College**

MAHWAH, NJ—Classroom teachers who interested in bringing yoga and contemplative practices into their classrooms have a new option for continuing their education this summer. The new Children's Yoga Teacher Certification program at Ramapo College of New Jersey in Mahwah runs Monday-Friday, July 11-August 1. Hours are 8:45 a.m.-4:30 p.m. with a break for lunch and the last day ending at 1:00 p.m. Applications are completed online at [www.ramapo.edu/cipl/childrencyoga](http://www.ramapo.edu/cipl/childrencyoga)

Ramapo College is a Yoga Alliance Registered School and offers both the new Children's Yoga Teacher Certification and its well-established Yoga Teacher Certification. The standards for the new Children's Yoga Teacher Certification were recently created by the Yoga Alliance, the certifying body for yoga teachers in the U.S. The children's yoga program is for classroom teachers and others wishing to learn the basic principles and tools needed to effectively teach yoga and contemplative practices in academic and other environments for children (Pre K-12).

Successful participants are prepared to pursue Yoga Alliance Certification as Registered Children's Yoga Teacher (RCYT) and earn four (4) undergraduate academic credits from Ramapo College. Enrollees are required to complete three classes: Methods of Contemplative Education for Children and Youth, a 54-hour 4-credit course; Yoga Technique, a 24-hour non-credit course; and Applied Anatomy and Physiology, a 12-hour non-credit course. Program graduates must teach 30 hours of Children's Yoga classes to receive RCYT Certification from the Yoga Alliance to be able to place the RCYT designation after their name.

The program teaches participants to effectively utilize yoga tools and other mindfulness tools in and out of the classroom for children in grades Pre K-12. Students in this course will learn about children's physical, mental, emotional and social development; design and develop lesson plans appropriate to the physical, cognitive, emotional and social capacities of the age group of your interest; understand the personal, social, cognitive and health benefits of contemplative practice; know state and national content standards and physical education standards and apply appropriately to contemplative education; and be able to apply the benefits of contemplative practices for special needs students through adaptive pedagogy.

The Ramapo College of New Jersey Children's Yoga Teacher Certification program is directed by its Center for Innovative and Professional Learning. The Center supports postgraduate professional education, workforce development, and alternative learning. The Center also engages in internal and external educational partnerships to advance the College, and provides innovative continuous learning opportunities for community members of all ages.

For more details or to apply, visit [www.ramapo.edu/cipl/childrencyoga](http://www.ramapo.edu/cipl/childrencyoga) or contact the Ramapo College Center for Innovative and Professional Learning at 201-684-7370.

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Ranked by *U.S. News & World Report* as fifth in the Best Regional Public Universities North category, Ramapo College of New Jersey is sometimes mistaken for a private college. This is, in part, due to its unique interdisciplinary academic structure, its size of approximately 6,000 students and its pastoral setting in the foothills of the Ramapo Mountains on the New Jersey/New York border.

Established in 1969, Ramapo College offers bachelor's degrees in the arts, business, humanities, social sciences and the sciences, as well as in professional studies, which include nursing and social work. In addition, Ramapo College offers courses leading to teacher certification at the elementary and secondary levels. The College also offers eight graduate programs as well as articulated programs with Rutgers, The State University of New Jersey, New York Chiropractic College, New York University College of Dentistry, SUNY State College of Optometry and New York College of Podiatric Medicine.