



RAMAPO COLLEGE OF NEW JERSEY
Office of Communications and Public Relations

Press Release

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**New Children's Yoga Teacher Certificate and 200-Hour Yoga Teacher Certification
Information Sessions at Ramapo College**

MAHWAH, N.J. – The Center for Innovative and Professional Learning at Ramapo College of New Jersey has scheduled Information Sessions for its new 90-Hour Children's Yoga Teacher Certificate program and its 200-Hour Yoga Teacher Certification program. Fall Information Sessions are scheduled: August 29, September 6, October 19, and November 30 from 6:30-7:30 p.m. in ASB-420 on the Ramapo College campus, 505 Ramapo Valley Road, Mahwah. *Ramapo College is a Yoga Alliance Registered School.* To sign up and learn more, visit: www.ramapo.edu/cipl/yoga

The new Children's Yoga Teacher Certificate program is for classroom teachers and others wishing to learn the basic principles and tools needed to effectively teach children (Pre K-12) yoga.

Community members, who wish to expand their job market skills as well as enhance their overall health and well-being, may pursue the 200-hour yoga teacher certification to develop a working knowledge of fundamental yoga concepts, practice and teaching methods.

Professor Carol Bowman, program co-director, will present information and answer questions about the requirements that meet Yoga Alliance standards for each of the yoga programs.

For additional information, contact Professor Carol Bowman, Yoga Certificates Program Co-Director, at cbowman@ramapo.edu or the Center for Innovative and Professional Learning at cipl@ramapo.edu or 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.