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**Ramapo College's Center for Innovative and Professional Learning Launches New
Yoga Certificate Programs and Workshops Open to the Public**

(MAHWAH) – This spring, Ramapo College's Center for Innovative and Professional Learning (CIPL) is launching a Yoga Studies Certificate and a Yoga Teacher Certification program that meets the national standards established by the Yoga Alliance. Three Yoga workshops that are an integral part of the completion requirements for the certificate programs are currently scheduled. The workshops, each offering different methods and perspectives on the practice of yoga, are also open to non-certificate program students and the public.

The first workshop, *Posture, Breath and Philosophy* will take place on Saturday, Jan. 30 from noon to 3 p.m., and will be led by Besty Ceva, director of Birchwood Center's Yoga Teacher Training program in Nyack, NY. The instructor will present philosophy and yoga practice with postures designed for all levels, and work on breathing techniques for everyday situations, followed by a guided meditation and reflection of the experience.

The second workshop, *Rock the Chakra: Energy in Motion*, will take place on Saturday, Feb. 27 from noon to 3 p.m., and will be led by Liz Schulman, director of The Yoga Co-op at The Garrison in Garrison, NY. The instructor will introduce the concept of chakra energy as the force of center within the body, and by using certain postures designed for all levels, will demonstrate a connection between theory and practice as the chakra energy produces tangible benefits of bodily balance.

The third workshop, currently in the planning phase, will be led by Fran Ubertini, director of Yoga for Well-Being in Florida, NY on Saturday, March 27 from noon to 3 p.m. All workshops will take place in the Ramapo College Student Center, Room SC-138.

The Yoga Studies Certificate program is a 100-hour program designed for adult learners and college students alike, who are interested in learning about all aspects of the practice of yoga from an academic perspective and furthering knowledge of the ethical and philosophical elements of the practice. Completion requirements consist of a psychology of yoga course and workshops designed to explore yoga using the mind and body through application in theory and practice. The Yoga Teacher Certification program is a 200-hour program developed for those who wish to guide others in practicing yoga, or those who wish to deepen and advance their personal practice. The program also explores the deeper, more contemplative, ethical, and philosophical dimensions of yoga.

The addition of these programs further Ramapo College's mission to provide an interdisciplinary, applicable liberal arts education. The Yoga certificates are particularly

beneficial adult learners and college students who wish to expand their job market skills, enhance their overall health and well-being and broaden their learning experiences. Yoga practice is applicable in a number of human services and career settings, such as alternative health practices, psychology and athletic training.

Fees for the yoga workshops are \$45 each for non-Ramapo College affiliates and \$40 for Ramapo students, faculty, staff and alumni. Registration is required. For more information, please visit CIPL's Yoga website at <http://www.ramapo.edu/cipl/yoga.html> or call CIPL at 201.684.7370.

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