

FOR IMMEDIATE RELEASE

Contact: Anna Farneski; afarnesk@ramapo.edu

November 3, 2010

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

(MAHWAH) – Ramapo College's Center for Innovative and Professional Learning (CIPL) announces upcoming Yoga workshops that are an integral part of its newly launched Yoga certificate programs. Many workshops are open to non-certificate students and the public. All workshops take place on the Ramapo College of New Jersey campus.

Upcoming workshops open to the public include:

Yoga of Pranayama will take place on Saturday, November 6 from 9 a.m.-Noon in the Bill Bradley Sports and Recreation Center, Studios A & B (second floor). The instructor, Fran Ubertini, CYT, ERYT, is the Director of Yoga for Well-Being®, NY, and holds a diploma from the American Viniyoga Institute as a yoga therapist. This practice involves the conscious regulation of breath and movement and focuses on an introduction to the components and techniques of pranayama for your needs at a specific time, such as for relaxing, energizing or balancing.

Yoga of Patanjali in Practice is scheduled on Friday, November 12 from 6-9 p.m. in the Berrie Center for the Performing and Visual Arts, Room BC-216. Ubertini will instruct on the chanting of the sutras along with asana and breath. This traditional method of listening and repeating is applied to the Yoga Sutras as a way to learn the basics of Sanskrit and asanas and is known to have a profound effect on the human energy system.

A yoga workshop on asana sequencing is planned to take place on Friday, December 3 from 6-9 p.m. in the Birch Mansion York Room and will be led by Liz Schulman, director of The Yoga Co-op at The Garrison, NY.

Fees for the 3-hour yoga workshops are \$45 each for non-Ramapo College affiliates. Affiliates receive discounts. Pre-registration is requested. For more information about the workshops or the yoga certificate programs, please visit CIPL's Yoga website at <http://www.ramapo.edu/cipl/yoga.html> or call CIPL at 201.684.7370.

The newly launched 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 their 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 new 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, which meets the national standards established by the Yoga Alliance, 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 to 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.