

# **RAMAPO COLLEGE OF NEW JERSEY**

**Office of Marketing and Communications**

**Press Release**

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## **YOGA TEACHER CERTIFICATION INFORMATION SESSION**

(MAHWAH, NJ) – On Wednesday, March 30, the Center for Innovative and Professional Learning will be hosting a Yoga Teacher Certification Information Session in the Anisfield School of Business, Room ASB-230 from 6:30-7:30 p.m. on the Ramapo College of New Jersey campus, 505 Ramapo Valley Road.

Community members who wish to expand their job market skills, who also wish to enhance their own overall health and well being, may wish to pursue yoga teacher certification to develop a working knowledge of fundamental yoga concepts, practice and teaching methods. Professor Carol Bowman, program director, will present information about the certificate requirements and answer questions. The program meets the national standards established by the Yoga Alliance.

For those interested in a trial practice, the Center for Innovative and Professional Learning is hosting a Yoga Workshop: Moving Mantras on Saturday, April 9 in the Ramapo College Student Center, Room SC136-37 from 9:00 a.m. to noon. Fee is \$25.00. Betsy Ceva, director of the Birchwood Center, Nyack, NY will lead the workshop.

For additional information, contact Professor Carol Bowman, Yoga Certificates Program Coordinator, at [cbowman@ramapo.edu](mailto:cbowman@ramapo.edu) or the Center for Innovative and Professional Learning at 201.684.7370.

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Ranked by *U.S. News & World Report* as fourth in the Best Regional Universities North category, Ramapo College of New Jersey 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, and as courses leading to teacher certification at the elementary and secondary levels. The College also offers four graduate programs and articulated programs with the University of Medicine and Dentistry 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.

Undergraduate students choose to concentrate their studies in one of five schools with more than 700 course offerings and 40 academic programs. Ramapo College boasts an average student/faculty ratio of 18:1 and average class size of 23, affording students the opportunity to develop close ties to the College's exceptional faculty.