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**RAMAPO COLLEGE OFFERS WEEKEND OF YOGA DANCE,  
WORKSHOP APRIL 9, 10**

(MAHWAH, NJ) – Yoga enthusiasts will find a weekend full of yoga activities April 9 and 10 at Ramapo College of New Jersey, as the Center for Innovative and Professional Learning offers Moving Mantras: A Yoga Dance Experience.

Moving Mantras performances merge the experience of the performer and the witness to create a sense of unity and connection. The performances include a discussion with the choreographer about merging movement and meditation. The program has been described as one of the most pleasing, pleasurable, blissful performances.

A diverse company of Rockland, Westchester, and Manhattan based dancers and yogis perform Moving Mantras, a joyful integration of yoga, meditation and dance, choreographed by Betsy Ceva, founder and director of the Birchwood Center, Nyack, NY. Ceva's experience as a professional modern dancer, choreographer and dance instructor since 1970 has shaped her unique style of yoga and meditation-in-motion.

The program will be held on Sunday, April 10 from 4:30 to 6 p.m. in the Academic Complex, H-wing Auditorium. It is free to Ramapo College students and \$5 for all other attendees. To request disability-related accommodations, please call 201.684.7370 or email [cipl@ramapo.edu](mailto:cipl@ramapo.edu).

On Saturday, April 9, Ceva will lead Moving Mantras: A Yoga in the Bill Bradley Sports and Recreation Center, Studio A-B, from 9 a.m. to noon. She will lead participants on how to merge movement and meditation with the power of word to promote growth and healing individually, in relationship, and communally.

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

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.