

**FOR IMMEDIATE RELEASE**

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**Chakra Workshop Scheduled at Ramapo College**

(MAHWAH, NJ) - A Chakra Workshop will be held in the York Room of the Birch Mansion on the Ramapo College campus on Friday, September 30, from 6 to 9 p.m. Certified Yoga Instructor Allison Egan Datwani, RYT, associated with Bamboomoves, will discuss how to begin to balance and heal your body's energies through the exploration of the chakra system. Datwani will instruct on learning to practice visualizations, postures, meditations, mantras and breath work that may have many positive physical and emotional outcomes.

The workshop is \$35 for the general public, \$25 for Ramapo College alumni and employees, \$10 for Ramapo College Yoga Club members. Pre-registration is requested.

For more information about the workshop, or the Ramapo College yoga teacher certification program approved by the Yoga Alliance, please visit <http://www.ramapo.edu/cipl/yoga.html> or call the Ramapo College 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.