

FOR IMMEDIATE RELEASE

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Yoga Nidra Workshop Scheduled at Ramapo College

(MAHWAH, NJ) – A Yoga Nidra Workshop, led by international yoga teacher and educator Kamini Desai, will be held in the Trustees Pavilion on the Ramapo College campus on Wednesday, November 16 from 7 to 9:30 p.m. with a Meet and Greet/Book Signing at 6:30 p.m.

Desai, who is the developer of the core program curriculum of the Amrit Yoga Institute, a center for advanced studies, will lead attendees through Yoga Nidra, also known as integrative relaxation, to combine alert awareness with deep relaxation.

Yoga Nidra has been shown to have a profound impact on the body such as lowering blood pressure and cholesterol, managing blood sugar in adult onset diabetes and increasing tolerance to stress. Yoga Nidra is simple to practice and is accessible to most individuals of any age or physical capability. Yoga Nidra is usually performed lying down, and the meditative techniques have been shown to promote the healing of injuries and diseases, induce a deep restful sleep, boost the immune system and reverse the degenerative aging process.

The workshop is \$25 for the general public, \$15 for Ramapo College alumni and employees, and free to all Ramapo College students. Pre-registration is requested.

To register, and for more information about the workshop or Ramapo College's Yoga Teacher Certification program, a Registered Yoga School 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 sixth in the Best Regional Universities North category, Ramapo College of New Jersey is sometimes mistaken for a private college. This is, in part, due to its unique interdisciplinary academic structure, its size of approximately 6,008 students and its pastoral setting in the foothills of the Ramapo Mountains on the New Jersey/New York border.

Established in 1969, Ramapo College 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. In addition, Ramapo College offers courses leading to teacher certification at the elementary and secondary levels. The College also offers five graduate programs as well as 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.