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March 5, 2013

**Yoga Workshop for Experienced Practitioners at Ramapo College**

(MAHWAH, NJ) – Ramapo College invites experienced yoga practitioners with at least six months of regular yoga practice to enjoy a three-hour yoga practice led by Lena Madsen of Lena Madsen Yoga and associated with Living Simplicity in Nyack, NY, on Saturday, March 30, from 2 to 5 p.m. on the Ramapo College campus in the Birch Mansion York Room. Registration is online at: [www.ramapo.edu/cipl/workshops/yoga.html](http://www.ramapo.edu/cipl/workshops/yoga.html).

Participants will be instructed through a deep and thorough practice covering the physical and energetic qualities of the shoulders, elbows and wrists for the often-practiced Downward Facing Dog pose. Attendees will also apply their deeper understanding of the straightforward inversion known as the Hand Stand, either by practicing it themselves and/or studying it in other practitioners in the group. Participants are asked to wear comfortable clothing, and to bring a towel or blanket and a mat.

Admission is \$35 for the general public, \$25 for Ramapo College alumni and employees, and \$10 for Ramapo College student yoga club members.

For more information about the workshop or the Ramapo College Yoga Teacher Certification program, registered and approved by the Yoga Alliance, please visit: [www.ramapo.edu/cipl/certificates/yoga.html](http://www.ramapo.edu/cipl/certificates/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 six 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.