

# **RAMAPO COLLEGE OF NEW JERSEY**

**Office of Communications and Public Affairs**

**Press Release**

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## **Experience Yoga with Live Music at Ramapo College**

(MAHWAH, NJ) —Ramapo College invites the surrounding community to enjoy a two-hour Vinyasa yoga practice led by Loretta Turner and Yoga Nidra class led by Denise DeLuca and set to live music by Ben Wisch and Ray Ippolito of Garden State Yoga, Glen Rock, on Friday, October 11, from 6:30 to 8:30 p.m. on the Ramapo College campus, Student Center Alumni Lounges, SC-136-137.

Participants will be instructed through a joyful yoga experience integrating body, mind and spirit through movement and music. Participants are asked to wear comfortable clothing and to bring a towel or blanket and a mat. Mats will be provided for those who do not have one.

Admission is \$35 for the general public, \$25 for Ramapo College alumni and employees, and \$10 for Ramapo College students.

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/yoga](http://www.ramapo.edu/cipl/yoga), 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.