

RAMAPO COLLEGE OF NEW JERSEY

Office of Communications and Public Affairs

Press Release

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PRANAYAMA YOGA PRACTICE AT RAMAPO COLLEGE

(MAHWAH, NJ) – Ramapo College invites the surrounding community to enjoy a three-hour Pranayama yoga practice led by Fran Ubertini, KHYF Teacher Trainer, Krishnamacharya Healing & Yoga Foundation, on Friday, October 25, from 6 to 9 p.m. in the York Room, Birch Mansion, on the Ramapo College campus. Registration is online at: www.ramapo.edu/cipl/yoga-workshops.

The Pranayama practice involves the conscious regulation of breath that is recognized as one of the most powerful ways to influence the state of mind. This workshop is experiential and focuses on an introduction to:

- The definition of pranayama and how breath and movement prepare the body for a desired energetic effect
- The components and techniques of pranayama
- How to plan a pranayama practice based on your individual needs at a specific time for relaxing, energizing and/or balancing.

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 bring one.

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

To learn more 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, 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.