



RAMAPO COLLEGE OF NEW JERSEY

Office of Communications and Public Affairs

Press Release

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Contact: Anna Farneski

E-mail: afarnesk@ramapo.edu

Phone: 201.684.6844

WEEKEND YOGA WORKSHOPS ON MEDITATION, CHAKRA FLOW AND BREATH AND MOVEMENT OFFERED AT RAMAPO COLLEGE

Mahwah, NJ – The Ramapo College Yoga Teacher Certification program invites the public to join yoga teacher certification students at its weekend yoga immersion workshops this spring. Ramapo College is a Registered Yoga School by the Yoga Alliance.

Yoga with Meditation is presented by Jerry Cincimino on Sunday, February 23, 4-6 p.m. Loretta Turner presents Chakra Flow on Sunday, March 9, 2-5 p.m., and Breath & Movement is presented by Lena Madsen on Saturday, April 12, 2-5 p.m. All workshops take place in the York Room in the Birch Mansion on the Ramapo College campus. Registration is online at: www.ramapo.edu/cipl/yoga-workshops.

Participants are asked to wear comfortable clothing and to bring a towel or blanket and a mat. For anyone who does not have a mat, a mat will be provided.

Admission for two-hour workshops is \$25.00 for the general public, \$20.00 for Ramapo College alumni and employees, and \$10.00 for Ramapo College students. Admission for three-hour workshops is \$35.00 for the general public, \$25.00 for Ramapo College alumni and employees, and \$10.00 for Ramapo College students.

To learn more about the workshops or the Ramapo College Yoga Teacher Certification program that is 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.