



RAMAPO COLLEGE OF NEW JERSEY
Office of Communications and Public Relations
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**YOGA AND MUSIC, BANDHAS, CHAKRAS, VINYASA AND ALIGNMENT WORKSHOPS
AT RAMAPO COLLEGE**

Mahwah, NJ – The Ramapo College Yoga Teacher Certification program invites community members to attend its yoga weekend immersion workshops this fall. Ramapo College is a Registered Yoga School by the Yoga Alliance. Classes are for all levels.

October Weekend Sessions: Yoga and Music is presented by Ben Wisch and Loretta Turner on Friday, October 10 from 6:30 p.m. to 8:30 p.m. in the Bradley Center Dance Studios. A Yoga Technique Class is presented by Ava Manahan on Saturday, October 11 from 10 a.m. to 11:30 a.m. in the York Room in the Birch Mansion. Chakras is presented by Alison Egan Datwani on Friday, October 17 from 6 p.m. to 9 p.m. in the Bradley Center Dance Studios. Pranayama is presented by Fran Ubertini on Friday, October 24 from 6 p.m. to 9 p.m. in the York Room in the Birch Mansion.

November Weekend Sessions: A Yoga Technique Class is presented by Ava Manahan on Saturday, November 1 from 10 a.m. to 11:30 a.m. in the York Room in the Birch Mansion. Vinyasa is presented by Raji Thron on Sunday, November 2 from 1 p.m. to 3 p.m. in the York Room in the Birch Mansion. Bandha/Mudra is presented by Alison Egan Datwani on Friday, November 14 from 6 p.m. to 9 p.m. in the York Room in the Birch Mansion. Alignment is presented by Lena Madsen on Sunday, November 15 from 2 p.m. to 6 p.m. in the York Room in the Birch Mansion. Kula for Karma is presented on Sunday, November 23 from 1 p.m. to 3 p.m. in the York Room in the Birch Mansion.

December Weekend Session: Yoga with Chanting is presented by Fran Ubertini on Friday, December 5 from 6 p.m. to 9 p.m. in the York Room in the Birch Mansion.

Admission for community members is \$40 for a four-hour workshop, \$35 for a three-hour workshop and \$30 for a two-hour workshop. Saturday morning yoga technique classes are \$15 for community members. Ramapo alumni, employee and student discounts are offered.

Workshop 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.

To learn more about the Ramapo College Yoga Teacher Certification program, 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 6,000 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 seven 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.

The Ramapo College of New Jersey Center for Innovative and Professional Learning (CIPL) supports postgraduate professional education, workforce development, and alternative learning. The Center also engages in internal and external educational partnerships to advance the College, and provides innovative continuous learning opportunities for community members of all ages.