

## **SATURDAY AFTERNOON YOGA WORKSHOPS 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.

*Schedule: All classes are on Saturdays, 1:00-3:30 p.m.*

February 7, Inversion I, Lena Madsen, Q228-Q229

February 21, Strengthening Your Backbends, Allison Egan Datwani, York Room

February 28, Raji Thron, York Room

March 28, Krishnamacharya Tradition, Annie Colonna & Judith Wein, Q228-Q229

April 4, Finding Your Balance, Loretta Turner, York Room

April 11, Teaching Prenatal Yoga, Odalis Recchia, BC-216

April 18, Teaching Yoga to Children, Cecilia Rivera, York Room

All workshops take place on the Ramapo College campus. Parking passes are sent when you register online at least 2 days in advance at: [www.ramapo.edu/cipl/yoga-workshops](http://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 these 2.5-hour workshops is \$35.00 for community members, \$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](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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