



**RAMAPO COLLEGE OF NEW JERSEY**  
**Office of Communications and Public Relations**  
**Press Release**  
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*Contact: Angela Daidone*  
*201-684-7477*  
*adaidon1@ramapo.edu*

## **Free Yoga Deep Breathing Class at Ramapo College**

MAHWAH, N.J. -- The Friends of Ramapo will be hosting a Pranayam Yoga deep breathing class on Tuesday, September 22 from 10:30 to 11:30 a.m. in the York Room of the Birch Mansion at Ramapo College of New Jersey, 505 Ramapo Valley Road, Mahwah, N.J. The event is free and open to the public.

Guests who are not members of the Friends of Ramapo should obtain a temporary parking pass at the Security Booth upon arrival.

No special dress code or equipment is needed. Guests are asked to dress comfortably. This simple, deep breathing class is conducted seated in a chair. The benefits of Pranayam breathing have documented benefits including reduced anxiety and depression, lower/stabilized blood pressure, muscle relaxation, increased energy levels and decreased feelings of stress.

Handouts will be distributed so participants can practice at home.

For additional information, email JoAnne Zellers at [jzellers@ramapo.edu](mailto:jzellers@ramapo.edu) or 201-684-7179 or Barbara LaRobardier at [blarobar@ramapo.edu](mailto:blarobar@ramapo.edu) or 201-684-7093.

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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 eight graduate programs as well as articulated programs with Rutgers, The State University 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.

