



RAMAPO COLLEGE OF NEW JERSEY

Office of Marketing and Communications

Press Release

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**Teachers Invited to Attend Children's Yoga Teacher Certificate
Information Session at Ramapo College**

MAHWAH, N.J. – The Center for Innovative and Professional Learning at Ramapo College of New Jersey has scheduled Information Sessions for its new 95-Hour Children's Yoga Teacher Certificate program that will be held on its campus this summer. Information Session dates are February 1 from 6:30-7:30 p.m., February 22 from 12:30-1:30 p.m., and March 21 from 6:30-7:30 p.m. in ASB-420 on the Ramapo College campus, 505 Ramapo Valley Road, Mahwah. *Ramapo College is a Yoga Alliance Registered School.* To sign up and learn more, visit: www.ramapo.edu/cipl/yoga

Teachers who wish to add the practice of yoga into their classroom and other settings are equipped with the basic principles and tools needed to effectively teach yoga and contemplative practices to children in grades Pre K-12. Successful participants earn four (4) undergraduate academic credits from Ramapo College, and are able to immediately apply newly learned skills in their classrooms. For those wishing to receive RCYT Certification from the Yoga Alliance, learners additionally must teach 30 hours of children's yoga classes plus have earned the 200-hour yoga teacher certification.

Dates for this summer certificate program for teachers run July 10-July 31 on Mondays, Tuesdays and Thursdays from 5-9:30 p.m., plus two weekend intensives (July 14, 15, 16 and July 28, 29, 30). The two Friday evenings are 6-9 p.m., and the two Saturdays and Sundays are 9 a.m.-6 p.m.

Information on Ramapo College's well-established 200-Hour Yoga Teacher Certification that develops a working knowledge of fundamental yoga concepts, practice and teaching methods will also be presented during the information sessions. Community members who wish to expand their job market skills, or enhance their overall health and well being, are invited to join the audience of teachers at the information session to learn more.

Professor Carol Bowman, program co-director, will present information and answer questions about the requirements that meet Yoga Alliance standards for each of Ramapo's yoga programs.

For additional information, contact Professor Carol Bowman, Yoga Certificates Program Co-Director, at cbowman@ramapo.edu or the Center for Innovative and Professional Learning at cipl@ramapo.edu or 201-684-7370.

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Ranked by *U.S. News & World Report* as one of the top in the Best Regional Public 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.