



RAMAPO COLLEGE OF NEW JERSEY

Office of Marketing and Communications

Press Release

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Teachers to Attend Children's Yoga Teacher Certificate Program at Ramapo College

MAHWAH, N.J. – Teachers and other interested individuals are invited to attend the kick-off of Ramapo College's Children's Yoga Teacher Certificate program this summer, conveniently scheduled in an evening and weekend format with four class sessions online. An Information Session is scheduled on Tuesday, May 1 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/childrencyoga

Those who wish to add the practice of yoga into their classrooms and other settings are equipped with the basic principles and tools needed to effectively teach yoga and contemplative practices to children in grades PreK-12. Successful participants earn 4 undergraduate academic credits from Ramapo College, and are able to immediately apply newly learned skills in their classrooms. For learners wishing to receive Registered Children's Yoga Teacher (RCYT) Certification from the Yoga Alliance, an additional 30 hours of teaching children's yoga classes plus having earned the 200-hour yoga teacher certification is required.

The program runs July 9-July 30 on Mondays (online), Tuesdays and Thursdays from 5-10:05 p.m., plus two weekend intensives on July 14 & 15 and 28 & 29. The two Friday evenings are 5:30-9:35 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, Yoga Studies Programs 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 at cbowman@ramapo.edu or call 201-684-7370.

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Ramapo College of New Jersey is the state's premier public liberal arts college. Ranked among the top colleges in the region by College Choice and recognized by, among others, U.S. News & World Report, Princeton Review, Colleges of Distinction and also designated by Victory Media as a "Military Friendly College," Ramapo College is committed to academic excellence through interdisciplinary and experiential learning, and international and intercultural understanding.

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 business, education, nursing and social work. In addition, the College offers courses leading to teacher certification at the elementary and secondary levels, and offers graduate programs leading to degrees in Accounting, Business Administration, Educational Technology, Educational Leadership, Nursing, Social Work and Special Education.