



Awakening the best in the human spirit

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Dear Student:

Thank you for registering for course #MM07-100, "Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Professional Training" with Jon Kabat-Zinn and Saki Santorelli scheduled at Mount Madonna in Watsonville, CA on February 25 – March 4, 2007.

Please note the following schedule for the program:

| | | |
|-----------|------------------------|-----------------------|
| Sunday | 5:00 p.m. - 6:00 p.m. | Dinner |
| 2/25/2007 | 7:30 p.m. - 9:30 p.m. | Opening session |
| Monday | 6:00 a.m. - 7:30 a.m. | Early morning session |
| 2/26/2007 | 7:30 a.m. - 9:00 a.m. | Breakfast |
| | 9:00 a.m. - 12:15 p.m. | Morning session |
| | 12:15 p.m. - 2:00 p.m. | Lunch |
| | 2:00 p.m. - 5:15 p.m. | Afternoon session |
| | 5:30 p.m. - 7:00 p.m. | Dinner |
| | 7:30 p.m. - 9:30 p.m. | Evening session |
| Tuesday | 6:00 a.m. - 7:30 a.m. | Early morning session |
| 2/27/2007 | 7:30 a.m. - 9:00 a.m. | Breakfast |
| | 9:00 a.m. - 12:15 p.m. | Morning session |
| | 12:15 p.m. - 2:00 p.m. | Lunch |
| | 2:00 p.m. - 5:15 p.m. | Afternoon session |
| | 5:30 p.m. - 7:00 p.m. | Dinner |
| | 7:30 p.m. - 9:30 p.m. | Evening session |
| Wednesday | 6:00 a.m. - 7:30 a.m. | Early morning session |
| 2/28/2007 | 7:30 a.m. - 9:00 a.m. | Breakfast |
| | 9:00 a.m. - 12:15 p.m. | Morning session |
| | 12:15 p.m. - 2:00 p.m. | Lunch |
| | 2:00 p.m. - 5:15 p.m. | Afternoon session |
| | 5:30 p.m. - 7:00 p.m. | Dinner |
| Thursday | 6:00 a.m. - 7:30 a.m. | Early morning session |
| 3/1/2007 | 7:30 a.m. - 9:00 a.m. | Breakfast |
| | 9:00 a.m. - 12:15 p.m. | Morning session |
| | 12:15 p.m. - 2:00 p.m. | Lunch |
| | 2:00 p.m. - 5:15 p.m. | Afternoon session |
| | 5:30 p.m. - 7:00 p.m. | Dinner |
| | 7:30 p.m. - 9:30 p.m. | Evening session |
| Friday | 6:00 a.m. - 7:30 a.m. | Early morning session |

| | | |
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| 3/2/2007 | 7:30 a.m. - 9:00 a.m. | Breakfast |
| | 9:00 a.m. - 12:15 p.m. | Morning session |
| | 12:15 p.m. - 2:00 p.m. | Lunch |
| | 2:00 p.m. - 5:15 p.m. | Afternoon session |
| | 5:30 p.m. - 7:00 p.m. | Dinner |
| | 7:30 p.m. - 9:30 p.m. | Evening session |
| | | |
| Saturday | 6:00 a.m. - 7:30 a.m. | Early morning session |
| 3/3/2007 | 7:30 a.m. - 9:00 a.m. | Breakfast |
| | 9:00 a.m. - 12:15 p.m. | Morning session |
| | 12:15 p.m. - 2:00 p.m. | Lunch |
| | 2:00 p.m. - 5:15 p.m. | Afternoon session |
| | 5:30 p.m. - 7:00 p.m. | Dinner |
| | | |
| Sunday | 6:00 a.m. - 7:30 a.m. | Early morning session |
| 3/4/2007 | 7:30 a.m. - 9:00 a.m. | Breakfast |
| | 9:00 a.m. - 11:00 a.m. | Morning session |

There are NO BREAKS during sessions other than those already indicated.

A detailed schedule of workshop times will be available on-site. Please note that early morning sessions begin at 6 a.m. and evening sessions end at 9:30 p.m. All sessions are required for CE/CME certification.

Continuing Education credits are available at no additional cost, however you must register for CE/CMEs to receive them. If you have not already, you may register for your CE/CMEs with Omega registration at 800-944-1001 before your arrival or with our Omega representative on-site.

Cushions for meditation are provided, but please feel free to bring your own meditation pillow to the workshop.

We look forward to having you join us at Mount Madonna.

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