

Dear Student:

Thank you for choosing course # 3302-433, "Living in the Heart" with Jack Kornfield, Ph.D. and Trudy Goodman on August 4 – 6, 2006.

Please note that there is a special schedule for this course:

Schedule:	Friday	8:00 P.M.-10:00 P.M.	Workshop
	Saturday	7:00 A.M.-8:00 A.M.	Meditation
		9:00 A.M.- 12:00 P.M.	Workshop
		2:30 P.M.-5:00 P.M.	Workshop
	7:00 P.M.-9:00 P.M.	Workshop	
Sunday	7:00 A.M.-8:00 A.M.	Meditation	
	9:00 A.M.- 12:00 P.M.	Workshop/Class Ends	

The Children's Program will be available during the extended hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

Remember to bring a meditation cushion or bench if you have one. Chairs and cushions are provided.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff