

Dear Student,

You are registered for course # 3205-702, "Mindfulness-Based Cognitive Therapy: A 5-Day Professional Training for the Prevention of Depression Relapse:" with Zindel Segal and Susan Woods on July 29 – August 3 2007

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

Schedule:	Sunday	7:00 P.M. - 10:00 P.M.	Workshop
	Monday	6:30 A.M. - 8:00 A.M.	Workshop
Tuesday		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
		6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
Wednesday		7:00 P.M. - 8:30 P.M.	Workshop
		6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
Thursday		7:00 P.M. - 8:30 P.M.	Workshop
		6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
Friday		7:00 P.M. - 8:30 P.M.	Workshop
		6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop

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.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff