

Dear Student:

Thank you for choosing course #2605-947, "Mindfulness Tools for Living the Full Catastrophe: A 5-Day Retreat in Mindfulness-Based Stress Reduction" with Melissa Blacker and Florence Meleo-Meyer on July 6 –11, 2008.

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

Schedule:	Sunday	8:00 P.M. - 10:00 P.M.	Course Orientation
	Monday	9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
	Tuesday	6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
	Wednesday	6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
	Thursday	6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
		7:30 P.M. – 9:30 P.M.	Workshop
	Friday	6:00 A.M. - 7:00 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.

Recommended reading for the course: Saki Santorelli, *Heal Thy Self: Lessons on Mindfulness in Medicine* and Jon Kabat-Zinn, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*.

Please note that there may be periods of time outside of normal workshop hours when silence will be expected of class participants.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff