



150 Lake Drive, Rhinebeck, New York 12572-3252 * p. 845-266-4444 * f. 845-266-4828 * omega.org

Dear Student,

You are registered for course # 3605-234, "Shakti Yoga," with Linda Lalita Winnick on August 10 - 15, 2008.

The faculty requests that you bring a yoga mat and wear loose, comfortable clothing to class.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff