

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3302-719, "Mindfulness & Education Retreat: Bringing Mindfulness Practice to Children (K-12)" with Jon Kabat-Zinn, Daniel Rechtschaffen, Diana Winston, Linda Lantieri, Gina Biegel, Betsy Rose, and others, on July 31 – August 2, 2009.

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

Schedule:	Friday	8:00 P.M. - 10:00 P.M.	Workshop
	Saturday	9:00 A.M. - 12:00 P.M. 2:00 P.M. - 5:00 P.M. 8:00 P.M. - 10:00 P.M.	Workshop Workshop Workshop
	Sunday	8:30 AM - 9:45 AM 10:00 A.M. - 12:00 P.M.	Various workshop sessions 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.

Please note that you will be asked to observe silent breakfast, lunch and break on Saturday.

The following is recommended reading for the course:

- *Coming to Our Senses*, Jon Kabat-Zinn
- *Building Emotional Intelligence*, Linda Lantieri
- *Wide Awake*, Diana Winston

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

Awakening the Best in the Human Spirit