

# OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3502-457, "Illuminate Your Life" with Gurmukh Kaur Khalsa and Gurushabd Singh Khalsa on August 7 – 9, 2009

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

<b>Schedule:</b>	Friday	8:00 P.M.-10:00 P.M.	Workshop
	Saturday	<b>4:00 A.M.</b>	<b>Yoga session</b>
		9:00 A.M.-12:00 P.M.	Workshop
		2:30 P.M.-5:00 P.M.	Workshop
	Sunday	<b>4:00 A.M.</b>	<b>Yoga session</b>
		9:00 A.M.-12:00 P.M.	Workshop

Please note that this course has an extended schedule when **the Children's Program will not be available**. The above schedule is subject to change at the discretion of the faculty.

**If you have yoga props available (mats, blocks, straps, yoga blankets), please bring them with you. These items are available for purchase at the Omega Bookstore.**

We look forward to seeing you this summer!

Sincerely,

*The Omega Staff*

Awakening the Best in the Human Spirit