



April 12, 2013
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*****MEDIA ADVISORY*****

The Real Cost of War: A Free Public Talk & Book Signing

**Claude AnShin Thomas – War veteran and author of
*At Hell's Gate: A Soldier's Journey from War to Peace***

For more than 20 years, Omega has been engaged with veterans and family members dealing with the after-effects of war known as post-traumatic stress. Join us on our Rhinebeck campus for a rare opportunity to hear from Vietnam veteran, author, and Zen Buddhist monk, Claude AnShin Thomas, who will share his insights on healing from post traumatic stress at a public talk on the evening of Saturday, April 20 entitled, The Real Cost of War.

“We who have fought in war know intimately about life and death. We who have been wounded by war—physically, psychologically, and spiritually—need to come together in order to support each other.” —Claude AnShin Thomas

About Claude AnShin Thomas:

Claude AnShin Thomas received numerous awards, including the Purple Heart, for his service in the Vietnam War. After struggling with re-entry into society, Thomas studied mindfulness meditation with Thich Nhat Hanh. He was ordained as a Zen Buddhist monk in the Japanese Soto Zen Tradition by Baisen Tetsugen Roshi. He is author of *AT HELL'S GATE: A Soldier's Journey from War to Peace*, and is founder of the Zaltho Foundation, a nonprofit organization that promotes nonviolence and change. zaltho.org

DETAILS:

Saturday, April 20, 2013

8:00 p.m.–9:30 p.m. in Omega's Lake Theater

Free Admission—No Registration Required

Plan to arrive at least 15 minutes early. Contributions in support of Claude AnShin Thomas and the Zaltho Foundation's work will be accepted.

LOCATION:

Omega Institute for Holistic Studies

150 Lake Drive

Rhinebeck, New York 12572

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