

FOR IMMEDIATE RELEASE
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Omega to Host Exclusive 2-Day Training in New York City on the Neuroscience of Well-Being, Mindfulness & Love

***Jack Kornfield, PhD, and Dan Siegel, MD, to Present Leading Edge
Research Along With Experiential Trainings in Mindfulness Practice***

RHINEBECK, NY—The leading edge of neuroscience is revealing what meditation practitioners have known for years—[mindfulness practice](#) can transform lives. Omega Institute, the nation's most trusted source for wellness and personal growth, today announced it will bring two renowned leaders, adept at bridging ancient practices with modern psychology, together for an exclusive [2-day training](#) at the New York Society for Ethical Culture, November 15–16, 2013. Jack Kornfield, PhD, one of the world's leading Buddhist teachers, and Dan Siegel, MD, a pioneer in the field of interpersonal neurobiology, will give a dynamic presentation of the skills, science, and art of well-being, mindfulness, and love.

“Research has shown that when mindfulness-based practices are integrated with modern psychology our potential for wellness and resilience is optimized. We are thrilled to be providing tools for health-care professionals, educators, and others interested in applying mindful awareness skills in their professional and personal lives,” said Carla Goldstein, chief external affairs officer at Omega.

This 2-day program will examine case studies and present the latest research, along with a variety of meditations and experiential trainings in mindful awareness. Attendees will learn to foster personal practice and well-being, develop more compassionate and integrated relationships, and enhance evidence-based clinical, educational, and professional skills. By weaving leading-edge science with powerful meditation tools, traditional teachings, clinical cases, and creative dialogue, the presenters will provide skills to transform neural patterns and foster healing.

Through meditation practices, lectures, case studies, stories of transformation, and discussion, professionals and contemplative practitioners will be better able to:

- Understand the widespread neuroscience research that supports inner training, neuroplasticity, and the remarkable capacity for human transformation
- Describe and utilize the tools of interpersonal neuroscience to promote three dimensions of neural integration and well-being
- Use mindfulness to activate the resonance circuit, enhance inner and interpersonal attunement, and deepen the capacity for empathy, lovingkindness, and compassion

- Explain and employ the principles of secure attachment, mindfulness, and the skillful healing of trauma
- Deepen and sustain the positive skills of meditative well-being, forgiveness, and inner balance
- Aid in the release of sufferings such as anxiety, depression, and trauma through enhanced cognitive and intentional skills, emotional wisdom, and the fostering of resilience

The workshop begins Friday morning at 9:00 a.m. and ends Saturday at 4:30 p.m. Continuing education credits are available.

Jack Kornfield, PhD, was trained as a Buddhist monk in Thailand, Burma, and India. He is a clinical psychologist, cofounder of the Insight Meditation Society in Massachusetts, and founder of Spirit Rock Center in California. His books include *Bringing Home the Dharma*; *The Wise Heart*; *A Path With Heart*; *A Lamp in the Darkness*; and *After the Ecstasy, the Laundry*.

Dan Siegel, MD, is clinical professor of psychiatry at the UCLA School of Medicine, codirector of the Mindful Awareness Research Center, and executive director of the Mindsight Institute. He has been invited to lecture for the King of Thailand, Pope John Paul II, and the Dalai Lama. His books include *Mindsight* and *The Developing Mind*.

For more information visit eOmega.org/nyc or call 800.944.1001. A limited number of media passes are available. Photography restrictions may apply. To apply for a media pass, email chrissap@eomega.org.

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 200 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

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