

FOR IMMEDIATE RELEASE  
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## Mindfulness Practice Growing Mainstream

### *Omega to Offer Mindfulness & Education Conference and More in 2014*

RHINEBECK, NY – Is mindfulness practice the next revolution? According to [Time magazine](#), it may be. From stress reduction to work performance, from the classroom to the boardroom, from relationships to the dinner table—the benefits of mindfulness are now widely recognized. Omega, a leader in the field for more than 35 years, today announced it will hold an important conference and several workshops on this topic in 2014.

“For years we have seen people from all walks of life reap huge benefits from learning how to bring mindfulness practices into their lives, at home, at work, in schools, and in the public arena,” said Carla Goldstein, chief external affairs officer at Omega. “The promise of mindfulness is that we can be more reflective, resilient, and compassionate toward each other as individuals and as a human family,” concluded Goldstein.

The practices of contemplative education, Social and Emotional Learning, and mindfulness are being widely explored in schools throughout the United States. Research continues to show that mindfulness practice decreases stress, attention deficit issues, depression, anxiety, and hostility in children, while also benefiting their health, well-being, social relations, and academic performance.

The [Mindfulness & Education Conference, July 25–27](#), brings together influential leaders in the fields of mindfulness and Social and Emotional Learning (SEL), including psychologists, educators, administrators, and teachers, to explore practical ways to teach mindfulness techniques to children grades K through 12. Internationally renowned [speakers](#) will address topics such as implementing mindfulness programs in schools, ways to support Social and Emotional Learning, cultivation of resilience, at-risk youth, and practices that support utilizing the methods of interpersonal neurobiology. Tiered Pricing and continuing education credits are available. Omega awarded 39 full and partial scholarships to the conference, thanks to funding supported in part by the 1440 Foundation, an advised fund of the Silicon Valley Community Foundation.

#### Additional upcoming programs in the field of mindfulness include:

**Urban Youth Yoga & Mindfulness, July 20–26**, with the founders of the Holistic Life Foundation—Ali Smith, Atman Smith, and Andres Gonzalez, along with guest teacher Sharon Salzberg. This workshop shows you how to teach yoga and mindfulness to high-risk and hard-to-reach urban youth. Tiered Pricing and continuing education credits are available for this professional training.

**Mindfulness in Education Teacher Training, July 20–26**, with Daniel Rechtschaffen, author of *The Way of Mindful Education*. This 5-day workshop helps you gain the skills and confidence you need to bring the many benefits of mindfulness to children in grades K–12. Continuing education credits are available for this professional training.

**Mindful Self-Compassion: 5-day Intensive, July 27–August 1**, with Steven Hickman and Michelle Becker. Self-compassion is a skill that can be learned by anyone. It's the heart of mindfulness. This workshop is particularly valuable for health-care professionals and nonprofessionals who want an in-depth experience of mindful self-compassion. Continuing education credits are available for this intensive.

**Mindfulness Based Cognitive Therapy (MBCT): A 5-Day Professional Training for the Prevention of Depression Relapse, August 10–15**, with Zindel Segal and Susan Woods. This is an innovative group program designed to prevent relapse in people who have recovered from unipolar depression. Based on the research of Drs. Zindel Segal, John Teasdale, and Mark Williams, and documented in their book *Mindfulness-Based Cognitive Therapy for Depression*, this professional training combines the practice and clinical application of mindfulness meditation with the tools of cognitive therapy. Continuing education credits are available for this professional training.

**Mindful Communication: The Path of Wise Speech, August 17–22**, with Oren J. Sofer. Mindfulness and loving-kindness meditation, the Buddha's teachings on wise speech, and the contemporary discipline of Nonviolent Communication (NVC) collectively form a powerful foundation for cultivating awareness and empathy, strengthening our ability to be skillful in challenging situations, and developing our capacity to listen and speak from the heart. Tiered Pricing and continuing education credits are available.

**Contemplative Practice in Higher Education, August 22–24**, with Daniel P. Barbezat, Mirabai Bush, and more. Under the leadership of the Center for Contemplative Mind in Society, colleges and universities nationwide have integrated contemplative practices into a variety of their courses. In this professional training, four leading experts in the field introduce contemplative practices, review the related neuroscience research on meditation and learning, give examples of successful courses, and engage you in thinking about the role of contemplation in your own work.

To learn more visit [eOmega.org](http://eOmega.org), or call 800.944.1001. A limited number of media passes are available. To apply for a media pass, visit [eOmega.org/press](http://eOmega.org/press).

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#### **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](http://eOmega.org)*