

FOR IMMEDIATE RELEASE  
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## **Omega’s Event ‘The Power of Mindfulness in a Time of Upheaval’ Brings Together Mindfulness & Social Justice**

***Jon Kabat-Zinn & Rhonda V. Magee to Present at 92<sup>nd</sup> Street Y Kaufmann Concert Hall in New York City, December 6<sup>th</sup> at 7 p.m.***

RHINEBECK, NY – From classrooms to board rooms to apps, mindfulness practice has become a widely acknowledged tool for stress reduction, and improving mental health. Leaders in the field are also working to broaden the application of mindfulness from a focus on personal well-being to collective well-being through mindfulness-based approaches to social justice, and civic dialog. Continuing a 40-year [commitment](#) to convening mindfulness programs, [Omega Institute](#) will host ‘The Power of Mindfulness in a Time of Upheaval,’ with mindfulness leaders, Jon Kabat-Zinn and Rhonda V. Magee, on Friday, December 6, at 7:00 p.m. at the 92nd Street Y Kaufmann Concert Hall in New York City.

“Contemplative practices, such as mindfulness, help us recognize our own blind spots and conditioning, and build capacity to respond to personal, social, and environmental challenges, with greater clarity and compassion. This is a critical step in making meaningful change,” said Robert “Skip” Backus, chief executive officer at Omega. “Bringing mindfulness practice into the wider culture can support people in undoing harmful patterns, within themselves and within social systems and structures.”

Speaking together from their distinct backgrounds, [Jon Kabat-Zinn](#) and [Rhonda V. Magee](#) add depth to discussions of mindfulness in a larger social context. Kabat-Zinn is the founder of Mindfulness-Based Stress Reduction (MBSR), a scientist, and author, most recently, of *Mindfulness for All: The Wisdom to Transform the World*, while Magee is board chair of the Search Inside Yourself Leadership Institute, a law professor, and author of *The Inner Work of Racial Justice*.

“I am very much looking forward to this exploration with Rhonda Magee, and with all those who are drawn to participate in this inquiry and dialogue about the role of mindfulness practice in the recognition and healing of the deep wounds our society is carrying,” said Kabat-Zinn.

“In this period of so much climate change—both environmental and social—we need deeper skills for working with emotional and social reactivity,” said Magee. “Taking our mindfulness practices to the next level can offer robust support for personal, interpersonal, and community healing and strengthening during this time. I’m excited to be working with Jon in offering this vision of engaged mindfulness for right now.”

Their special evening of inquiry and practice will explore how mindfulness supports "taking a stand" both inwardly and outwardly in the face of injustice, while not compromising equanimity, compassion, understanding, and humanity. The program is open to people who are new to mindfulness as well as to longtime practitioners.

Tickets for ‘The Power of Mindfulness in a Time of Upheaval’ can be purchased [online](#) or in person through the 92nd Street Y box office. [Scholarships](#) are also available for this program, with an application deadline of November 20<sup>th</sup>. Books by Kabat-Zinn and Magee will be for sale in the lobby after the event, and both authors will be present to sign copies.

For more information visit [eOmega.org](http://eOmega.org), and follow Omega on Facebook, Twitter, YouTube, Instagram, LinkedIn, and Pinterest.

**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 250 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)*

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