

Dear Student,

You are registered for course # 1805-151, "Happy Yoga" with Steve Ross on June 8 - 13, 2008.

The faculty has the following reading in preparation for the course:

Required reading:

- *Happy Yoga* by Steve Ross
- *A New Earth* by Eckhart Tolle

Recommended reading:

- *The Truth Is* by Sri H WL Poonja
- *I Am That* by Nisaragata Maharaj
- *The Heart of Awareness* by Thomas Byrom
- *Eating for Beauty* by David Wolfe

You will also need a yoga mat, meditation pillow/ something to sit on, blanket, and some water. Bring an open mind and an open heart. Please leave your cell phones, addictions, and drama behind.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff