

# OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3502-735, "Natural Ease & Compassionate Activism" with John Makransky on August 7-9, 2009.

Please note that there is a special schedule for this course:

Schedule:	Friday	8:00 P.M. - 10:00 P.M.	Workshop
	Saturday	<b>7:00 A.M. - 7:30 A.M.</b> 9:00 A.M. - 12:00 P.M. 2:30 P.M. - 5:00 P.M.	<b>Meditation</b> Workshop Workshop
	Sunday	<b>7:00 A.M. - 7:30 A.M.</b> 9:00 A.M. - 12:00 P.M.	<b>Meditation</b> Workshop/Class Ends

The Children's Program will be available during the extended hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

Required reading for this course is: *Awakening Through Love: Unveiling Your Deepest Goodness* by John Makransky. You are asked to bring this book with you to the workshop.

We look forward to seeing you this summer!

Sincerely,  
*The Omega Staff*

Awakening the Best in the Human Spirit