

# OMEGA

Rhinebeck, New York

Dear Student:

Thank you for choosing course #3605-812, "Cleanse Your Body, Heal the Planet" with Alison Shore Gaines and Cheryl Champagne on August 9 - 14, 2009.

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

Schedule:	Sunday	8:00 P.M. – 10:00 P.M.	Workshop
	Monday	8:00 A.M. – 8:45 A.M.	Broth & Grains
		9:00 A.M. – 11:30 A.M.	Workshop
		11:30 A.M. – 12:15 P.M.	Juice Serving
		12:15 P.M. – 2:15 P.M.	Personal Time
		2:15 P.M. – 3:00 P.M.	Juice Serving
		3:15 P.M. – 5:15 P.M.	Workshop
		5:15 P.M. – 6:00 P.M.	Broth & Grains
		6:15 P.M. -7:15 P.M.	Workshop
	Tuesday	8:00 A.M. – 8:45 A.M.	Broth & Grains
		9:00 A.M. – 11:30 A.M.	Workshop
		11:30 A.M. – 12:15 P.M.	Juice Serving
		12:15 P.M. – 2:15 P.M.	Personal Time
		2:15 P.M. – 3:00 P.M.	Juice Serving
		3:15 P.M. – 5:15 P.M.	Workshop
		5:15 P.M. – 6:00 P.M.	Broth & Grains
	Wednesday	8:00 A.M. – 8:45 A.M.	Broth & Grains
		9:00 A.M. – 11:30 A.M.	Workshop
		11:30 A.M. – 12:15 P.M.	Juice Serving
		12:15 P.M. – 2:15 P.M.	Personal Time
		2:15 P.M. – 3:00 P.M.	Juice Serving
		3:15 P.M. – 5:15 P.M.	Workshop
		5:15 P.M. – 6:00 P.M.	Broth & Grains
	Thursday	8:00 A.M. – 8:45 A.M.	Broth & Grains
		9:00 A.M. – 11:30 A.M.	Workshop
		11:30 A.M. – 12:15 P.M.	Juice Serving
		12:15 P.M. – 2:15 P.M.	Personal Time
		2:15 P.M. – 3:00 P.M.	Juice Serving
		3:15 P.M. – 5:15 P.M.	Workshop
		5:15 P.M. – 6:00 P.M.	Broth & Grains
		6:15 P.M. -7:15 P.M.	Workshop
	Friday	8:00 A.M. – 8:45 A.M.	Guided Breakfast in classroom

9:00 A.M. – 11:30 A.M. Workshop  
12:30 P.M. Guided Lunch/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.

Please be sure to read the entire packet of information and return the necessary forms as soon as possible.

Please note that the cost of organic juices and grains is quite high, and additional staff resources are required for preparation and distribution. These expenses are covered both in the tuition and in the portion of housing fees that would normally cover meals.

Sincerely,  
The Omega Staff