

# OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 4005-848, "Mindfulness-Based Eating Awareness: A 5-Day Professional Training" with Char Wilkins on August 23-28, 2009.

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

Schedule:	Sunday	7:00 P.M. - 10:00 P.M.	Workshop
	Monday	6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
Tuesday		6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
Wednesday		6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
		6:30 A.M. - 8:00 A.M.	Workshop
Thursday		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
		6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
Friday		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
		6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop

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.

We look forward to seeing you this summer!

Sincerely,  
*The Omega Staff*

Awakening the Best in the Human Spirit