

# OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 1302-859, "Being Fully Present: Mindfulness & Awareness in Daily Life" with Pema Chödrön on May 21-23, 2010.

Please note that this workshop begins **Friday evening at 7:00 P.M.**

Bring your own meditation bench or cushion if possible, otherwise Omega will provide cushions and chairs during your stay.

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.

\*There may also be an optional meditation posture instruction session on Saturday evening. We are sorry that we are not able to be more specific about the times for this session, but faculty will not be able to set the hours until she arrives for the workshop. We wanted to let you know the session was available to you in case it affects your plans.

We look forward to seeing you this summer!

Sincerely,

*The Omega Staff*

Awakening the Best in the Human Spirit