

OMEGA

Rhinebeck, New York

Dear Student:

Thank you for choosing course # 1707-847, "Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Professional Training" with Jon Kabat-Zinn, Ph.D. and Saki Santorelli, Ed.D. on June 4-11, 2010. Please note that there is a special schedule for this course:

Schedule	Friday	7:30 P.M. - 9:30 P.M.	Workshop
	Saturday	6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
		7:30 P.M. - 9:30 P.M.	Workshop
Sunday		6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
Monday		7:30 P.M. - 9:30 P.M.	Workshop
		6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
Tuesday		7:30 P.M. - 9:30 P.M.	Workshop
		6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
Wednesday		7:30 P.M. - 9:30 P.M.	Workshop
		6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
Thursday		7:30 P.M. - 9:30 P.M.	Workshop
		6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:15 P.M.	Workshop
		2:00 P.M. - 5:15 P.M.	Workshop
Friday		6:00 A.M. - 7:30 A.M.	Meditation
		9:00 A.M. - 12:00 P.M.	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. Please note that there may be periods of time outside of normal workshop hours when silence will be expected of class participants.

Required reading for the course: Jon Kabat-Zinn, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*; and Saki Santorelli, *Heal Thy Self: Lessons on Mindfulness in Medicine*. This program fulfills one of the requirements for entry into MBSR Teacher Certification conducted by the Center for Mindfulness. Attendance at this retreat does not constitute authorization by Kabat-Zinn and Santorelli to teach Mindfulness-Based Stress Reduction.

Continuing Education credits are available at no additional cost. However, you must register for CE/CMEs to receive them. If you have not already, you may register for your CE/CMEs with Omega registration at 800-944-1001 before your arrival or at check-in.

We look forward to seeing you this summer!

Sincerely,
The Omega Staff

Awakening the Best in the Human Spirit