

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course #3102-919, Mindfulness Meditation in Nature: Discovering Peace, Wisdom & Joy Through Practice Outdoors with Mark Coleman, July 23–25, 2010.

Since much of the workshop will take place outdoors, please bring the following:

- Mosquito head net (available at most sporting good or camping stores and online)
- Bug spray
- Sunscreen
- Long sleeves
- Long pants
- Sturdy walking or hiking shoes
- Flashlight
- Rain gear/umbrella
- A cushion, small blanket, towel, or something to sit on outdoors

We look forward to seeing you soon.

Sincerely,

The Omega Staff

Awakening the Best in the Human Spirit