

# OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3405-241, "ChiRunning®: A Revolutionary Approach to Effortless, Injury-Free Running" with Danny Dreyer on August 1-6, 2010.

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

Schedule:	Monday	7:00 A.M. - 8:00 A.M.	Run
		9:30 A.M. - 12:00 P.M.	Workshop
		2:30 P.M. - 4:00 P.M.	Workshop
Tuesday	7:00 A.M. - 8:00 A.M.	Run	
	9:30 A.M. - 12:00 P.M.	Workshop	
	2:30 P.M. - 4:00 P.M.	Workshop	
Wednesday	7:00 A.M. - 8:00 A.M.	Run	
	9:30 A.M. - 12:00 P.M.	Workshop	
	2:30 P.M. - 4:00 P.M.	Workshop	
Thursday	7:00 A.M. - 8:00 A.M.	Run	
	9:30 A.M. - 12:00 P.M.	Workshop	
	2:30 P.M. - 4:00 P.M.	Workshop	
Friday	7:00 A.M. - 8:00 A.M.	Run	
	9:30 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