

# OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3502-295, "Mindfulness & Education Retreat: Bringing Mindfulness Practice to Children (K-12)" with Jon Kabat-Zinn, Daniel Rechtschaffen, Daniel Siegel, and others, on August 6-8, 2010.

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

Schedule:	Friday	8:00 P.M. - 10:00 P.M.	Workshop
	Saturday	9:00 A.M. - 12:00 P.M. 2:00 P.M. - 5:00 P.M. 8:00 P.M. - 10:00 P.M.	Workshop <b>Workshop</b> <b>Workshop</b>
	Sunday	8:30 AM - 9:45 AM 10:00 A.M. - 12:00 P.M.	<b>Various workshop sessions</b> <b>Workshop/Class Ends</b>

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 you will be asked to observe silent breakfast, lunch and break on Saturday.**

The following is recommended reading for the course:

- *Coming to Our Senses*, Jon Kabat-Zinn
- *Building Emotional Intelligence*, Linda Lantieri
- *Wide Awake*, Diana Winston

We look forward to seeing you this summer!

Sincerely,

*The Omega Staff*

Awakening the Best in the Human Spirit