

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3805-875, "Mindfulness-Based Cognitive Therapy: A 5-Day Professional Training for the Prevention of Depression Relapse:" with Zindel Segal and Susan Woods on August 15 – 20, 2010.

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

Schedule:	Sunday	7:00 P.M. - 10:00 P.M.	Workshop
	Monday	6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
	Tuesday	6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
	Wednesday	6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
	Thursday	6:30 A.M. - 8:00 A.M.	Workshop
		9:00 A.M. - 12:00 P.M.	Workshop
		2:00 P.M. - 5:30 P.M.	Workshop
		7:00 P.M. - 8:30 P.M.	Workshop
	Friday	6:30 A.M. - 8:00 A.M.	Workshop
		9:00 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