

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3805-895 "Illuminate Your Life: A Kundalini Yoga Retreat" with Gurmukh Kaur Khalsa and Gurushabd Singh Khalsa on August 15 – 20, 2010.

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

Schedule	Monday	4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
Tuesday		4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
Wednesday		4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
Thursday		4:00AM	Yoga session
		9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
Friday		4:00AM	Yoga session
		9:00AM-12:00PM	Workshop

Please note that this course has an extended schedule when the **Children's Program will not be available**. The above schedule is subject to change at the discretion of the faculty.

If you have yoga props available (mats, blocks, straps, yoga blankets), please bring them with you. These items are available for purchase at the Omega Bookstore.

If you do not arrive on campus until Monday morning's 4:00AM class, please check in at the Main Office after 8:00AM.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

Awakening the Best in the Human Spirit