

OMEGA

Rhinebeck, New York

Dear Student:

Thank you for choosing course # 5702-129, "The Opening the Heart Workshop™" with Linda Aranda Belliveau, Jon Berenson, Ph.D., Donna Macomber, and Peter Watson, on October 22-24, 2010.

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

Schedule:	Friday	8:00PM-10:00PM	Workshop
	Saturday	9:00AM-12:00PM	Workshop
		2:30PM-5:00PM	Workshop
		7:30PM-9:30PM	Workshop
	Sunday	9:00AM-12:00PM	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.

Attached is a letter from faculty explaining details of the focus of the workshop.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

Awakening the Best in the Human Spirit

The Opening the Heart Workshop
Jon Berenson, PhD
Clinical Psychologist
501 Angell Street
Providence, RI 02906
e-mail: staff@openingtheheartworkshop.com

Dear "Opening the Heart" Workshop Participant:

We are delighted that you will be joining us for the "Opening the Heart" workshop, #5702-129, at Omega on October 22-24, 2010. Whether you are a newcomer or a veteran of "Opening the Heart," we extend a warm and heartfelt welcome.

The workshop offers a concentrated and powerful opportunity to grow emotionally and spiritually as well as to gain new insight and understanding. In order to maximize the workshop's potential, we advise and encourage you to prepare in advance by spending time contemplating and writing down responses to the following questions:

Why am I choosing this workshop at this time in my life?
What particular life-issues are predominant right now?
What have been the most significant traumas and exaltations in my life?
What hopes or visions of positive change am I bringing to the workshop?

You are welcome (but not required!) to send anything you write directly to us at the address or e-mail at the top of this letter (NOT TO OMEGA). Your responses will make us aware of your particular issues and may help us tailor your experience at the workshop. Of course, anything you choose to send will be held in complete confidence by the workshop staff and will not be disclosed by us to anyone, including other participants.

Those of you who have experienced the "Opening the Heart" format during its 20- year residence at Spring Hill in Ashby, MA will understand that translating the work to new settings involves an ongoing creative process. Our goal has been to maintain the integrity of the work as we adapt to different timetables and fresh surroundings. All the experiential exercises will be familiar to you, as will the music and, of course, the caring attention of staff. However, you will experience departures from the "Spring Hill" routine. You will be sharing morning meditation or yoga with other Omega guests. We shall offer you the opportunity to be in silence at the "silent tables" for your meals, but you will be in a dining hall where guests at other tables are talking. The rhythm of the workshop will also feel different as session times are adapted to fit in with the overall Omega program. We trust that you will arrive with the openness to meeting the challenge of growth and change. We, the staff, are confident that the workshop continues to offer all the transformative potential of its predecessors.

If you have any questions about the workshop, you are invited to contact us directly through either of the channels indicated at the letterhead.

With warm regards,

Linda Aranda Belliveau
Jon Berenson
Donna Macomber
Peter Watson