

FOR IMMEDIATE RELEASE
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Omega to Convene Leading Experts in the Field of Mindfulness & Education in New York City

A Professional Conference at the New York Society for Ethical Culture: Bringing Mindfulness Practices to Children Grades K–12

RHINEBECK, NY—According to a new [trial](#) published in *Developmental Psychology*, and reported by [Time magazine](#), the benefits of mindfulness practice have been shown to improve everything from children’s social skills to math scores. For more than 35 years, Omega Institute has offered [mindfulness-based programs](#)—from introductory workshops to professional trainings, including the groundbreaking [Mindfulness & Education Conference](#) set to take place March 13–14, 2015, at the New York Society for Ethical Culture in Manhattan.

“The science on mindfulness is catching up to practices that are thousands of years old” said Carla Goldstein, chief external affairs officer at Omega. “Mindfulness is a simple yet profound practice that changes peoples’ lives. Bringing mindfulness to children grades K–12 can make all the difference inside and outside the classroom, providing vital tools for focus, communication, and stress management to the next generation.”

The practices of contemplative education, resilience, Social and Emotional Learning, and mindfulness are being widely explored in schools throughout the United States. Research continues to show that mindfulness practice decreases stress, attention deficit issues, depression, anxiety, and hostility in children, while also benefiting their health, well-being, social relations, and academic performance. Children can easily learn these techniques and, when learned young, these practices provide lifelong skills supporting awareness, empathy, and resilience.

The Mindfulness & Education Conference brings together influential leaders in the field, including Linda Lantieri, Daniel Goleman, Patricia Jennings, Daniel Rechtschaffen, Shefali Tsabary, Jamie Zimmerman, and Andy Gonzalez, Ali Smith, and Atman Smith of the Holistic Life Foundation.

The conference is suitable for educators, school administrators, family therapists, and parents. To [register](#) or learn more, visit [eOmega.org](#) or call 800.944.1001.

A limited number of media passes are available. To apply for a media pass, visit [eOmega.org/press](#). Follow Omega on Facebook, Twitter, YouTube, LinkedIn, Instagram, and Pinterest.

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on more than 250 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. [eOmega.org](#)