

FOR IMMEDIATE RELEASE
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Omega Helps Educational Professionals Bring Mindfulness to Children Grades K–12 to Alleviate Stress & Build Resilience

Leading Experts to Present Increasing Evidence That Teaching Kids Mindfulness Improves Learning & Wellness Outcomes – Mindfulness & Education Conference (7/31–8/2)

RHINEBECK, NY – The practices of contemplative education, [Social and Emotional Learning](#), and [mindfulness](#) are being widely explored in schools throughout the United States. Research shows 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. Omega today announced nearly a dozen leaders in the field— including [Dan Siegel, MD](#), [Linda Lantieri, PhD](#), and [Daniel Rechtschaffen, MA, LMFT](#)—will present the latest findings at Omega’s upcoming [Mindfulness & Education Conference](#), July 31–August 2, 2015 in Rhinebeck, New York.

“There is a reason why mindfulness has become such a buzzword in our culture,” said Carla Goldstein, chief external affairs officer at Omega. “Numerous studies reveal profound benefits from the practice. Children in grades K–12 can easily learn these techniques that become lifelong tools supporting awareness, empathy, and resilience—skills that make a difference inside and outside the classroom.”

Through inspiring keynote lectures, question-and-answer sessions, group exercises, breakout workshops, a panel discussion with school administrators, and instruction in practical application, the conference will explore:

- Challenges and opportunities of implementing new mindfulness programs in schools
- Practices and programs that support Social and Emotional Learning
- Mindfulness and the cultivation of resilience
- Mindfulness practice with at-risk youth
- The latest findings of interpersonal neurobiology regarding mindfulness and education

This conference is suitable for educators, school administrators, family therapists, and parents.

Omega thanks the 1440 Foundation, an advised fund of the Silicon Valley Community Foundation, for their generous scholarship support for the Mindfulness & Education conference.

In addition to the Mindfulness & Education conference, this year Omega is offering more than 15 [mindfulness-based programs](#)—from introductory workshops to professional training opportunities, including a [1-Night Event with Jon Kabat-Zinn in New York City](#), November 12, 2015.

For more information visit [eOmega.org](#), and follow Omega on Facebook, Twitter, YouTube, Pinterest, LinkedIn, Instagram, and Google+.

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 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

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