

FOR IMMEDIATE RELEASE
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Omega's Mindfulness & Education Conference to Focus on Diversity & Social Justice

Experts in Mindfulness, Social and Emotional Learning & Equity in Education to Explore How Mindfulness Practice Can Help Address Systemic Injustice

RHINEBECK, NY – Research shows that mindfulness practices are profoundly beneficial to children in grades K-12, and especially effective in communities that struggle with underfunded schools and high stress. Learning mindfulness early provides children with lifelong skills that support awareness, empathy, and resilience. Omega Institute's upcoming conference, [Mindfulness & Education: Bringing Mindfulness Practice to Children Grades K-12 \(July 22-24, 2016\)](#), will bring special attention to teaching mindfulness with diversity, trauma, and social equity in mind.

“While mindfulness can improve children's health and academic performance, the social context in which children live and learn is widely varied, and not everyone has the same opportunity to thrive,” commented Carla Goldstein, chief external affairs officer at Omega. She went on to say, “Now is a very important time to explore the effects mindfulness tools can have in contributing to uplifting students, schools, and communities that are bearing the pressures arising from inequity and injustice.”

Guided by 10 leaders in the field, including Yvette Jackson, EdD, Linda Lantieri, MA, Daniel Rechtschaffen, MA, LMFT, and Bessel van der Kolk, MD, the gathering will explore:

- How self-awareness can affect positive social change
- Teaching mindfulness through music, games, and other engaging activities
- Challenges and opportunities of implementing mindfulness programs in school systems
- How to teach mindfulness with diversity and equity in mind
- How to teach trauma-sensitive mindfulness practices
- The latest findings of neuroscience regarding mindfulness and education

This conference is suitable for educators, school administrators, family therapists, and parents. Tiered pricing and continuing education credits are available.

In addition to the Mindfulness & Education conference, this year Omega is offering 15 [mindfulness-based programs](#)—from introductory workshops to professional training opportunities, including a [1-Day Training with Jack Kornfield in New York City](#), November 12, 2016.

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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