

FOR IMMEDIATE RELEASE  
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## **Omega Takes Leading Role in Mindfulness Movement: Brings Training & Learning Opportunities to New York City**

***Tickets on Sale for 1-Day Training with Jack Kornfield at the New York Society for Ethical Culture & An Evening with Jon Kabat-Zinn at Lincoln Center***

RHINEBECK, NY – Omega Institute for Holistic Studies today announced two upcoming events in New York City featuring leading experts in mindfulness. First, on November 12, 2016, [Jack Kornfield, PhD](#), will lead The Essence of Buddhist Psychology, a 1-day training for meditators and mental health professionals, at the New York Society for Ethical Culture. Omega will offer a second event on December 9, 2016, at Lincoln Center’s Alice Tully Hall titled Intimacy With Awareness: The Healing & Transformative Potential of Mindfulness with [Jon Kabat-Zinn, PhD](#), appropriate for newcomers and longtime practitioners of mindfulness.

“We’re excited to see a growing movement of mindfulness applied across a range of fields and institutions, from neuroscience to education, from corporations to prisons, and beyond. These simple and profound tools increase human capacity for healing, insight, well-being, and compassion in life,” said Carla Goldstein, chief external affairs officer at Omega.

### **[The Essence of Buddhist Psychology: A 1-Day Training for Meditators & Mental Health Professionals with Jack Kornfield, PhD, at the New York Society for Ethical Culture:](#)**

In this training, individuals and health-care professionals are invited to study the fundamental principles of Buddhist Psychology, combining practical examples, teaching stories, visionary wisdom, and case studies. *(The views, content, and opinions expressed during this event are solely those of the presenter and are not endorsed by the New York Society for Ethical Culture and its membership.)*

#### **Saturday, November 12, 2016**

9:00 a.m.–12:00 p.m.

2:00 p.m.–5:00 p.m.

Tuition: \$169; Continuing Education Credit Available (6 hours)

### **[Intimacy With Awareness: The Healing & Transformative Potential of Mindfulness with Jon Kabat-Zinn, PhD, at Alice Tully Hall, Lincoln Center:](#)**

This evening of inquiry and practice will explore the relationship between thoughts, emotions, body, and world. All are welcome, from newcomers to longtime practitioners of mindfulness.

#### **Friday, December 9, 2016**

7:00 p.m.–10:00 p.m.

General Admission \$75 ticket fee + additional Box Office fees

[Register and purchase tickets at the Alice Tully Hall, Lincoln Center website.](#)

Jon Kabat-Zinn will also be teaching two workshops on Omega's Rhinebeck, New York, campus in 2017: The Way of Awareness May 7–12, cotaught with Will Kabat-Zinn, and Coming to Our Senses September 10–15. For more information visit [eOmega.org](http://eOmega.org).

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**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](http://eOmega.org)*

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