

FOR IMMEDIATE RELEASE  
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## **Omega's 10th Annual Mindfulness & Education Conference Draws Influential Leaders in the Field**

### ***Jon Kabat-Zinn, Daniel Rechtschaffen & Linda Lantieri Among Experts Gathering to Examine the Role & Impact of Mindfulness in K-12 Classrooms***

RHINEBECK, NY—Parents and teachers share growing concerns about the effects on children from an array of stressors—from bullying to school shootings to current events that children live through or hear reported daily. It is against that backdrop that Omega will convene its 10<sup>th</sup> annual [Mindfulness & Education conference](#), July 20–22, 2018, in Rhinebeck, New York, where seminal leaders in the field will examine the emerging role of mindfulness practice in K–12 classrooms as an antidote to stress and a path to resilience.

“At Omega we believe that contemplative practice can be a vehicle for social transformation, and that we must address the issues kids face today head on, by offering real tools for psychological, cognitive, and academic success,” said Carla Goldstein, chief external affairs officer at Omega. “We are proud to have been part of the mindfulness and education movement for the past 10 years, and thrilled to see the widespread agreement about its positive impact,” concluded Goldstein.

“When the stress levels are high, children sound an alarm with their dysregulation. I hear this alarm in the serious depression and anxiety of my young psychotherapy clients,” wrote therapist and author Daniel Rechtschaffen (*The Way of Mindful Education*), who, together with Omega, organizes the conference and is a featured presenter.

Through keynote lectures, Q&A sessions, group exercises, breakout workshops, and a panel discussion with school administrators and principals, Omega hopes to provide educators and parents with the latest science supporting mindfulness, contemplative education, and Social and Emotional Learning (SEL), and the most practical and successful methods of implementation.

To 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/MediaCenter](#)

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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](#)*

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