

FOR IMMEDIATE RELEASE
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Omega Brings Jon Kabat-Zinn to Lincoln Center for “The Power of Mindfulness in Difficult Times”

Unique Opportunity to Learn Mindfulness Meditation from One of the World’s Foremost Experts, December 1, 2018

RHINEBECK, NY – Omega Institute will present *The Power of Mindfulness in Difficult Times*, led by mindfulness expert and longtime Omega teacher Jon Kabat-Zinn, on Saturday, December 1st at 7:30 p.m. in Lincoln Center’s David Geffen Theater. This special evening of inquiry and practice with the acclaimed founder of Mindfulness-Based Stress Reduction (MBSR) will help people explore the healing and transformative potential of mindfulness. The program is appropriate for anyone interested in mindfulness meditation – from newcomers to advanced practitioners.

“This will be an invaluable opportunity to learn how the practical application of mindfulness can offer tremendous benefits to people and organizations amidst the current political, social, and environmental tumult. As more people learn to practice mindfulness, we grow the possibility of creating a healthier, more compassionate society. Nothing could feel more timely,” said Robert “Skip” Backus, chief executive officer at Omega.

Jon Kabat-Zinn is a scientist, writer, and meditation teacher internationally known for his work in bringing mindfulness practices and perspectives into the mainstream of medicine and society. He is a professor of medicine emeritus at the University of Massachusetts Medical School, where he founded its world-renowned Stress Reduction Clinic as well as the Center for Mindfulness in Medicine, Health Care, and Society.

Increasingly, mindfulness-based programs are also at the heart of many social and economic justice efforts. Kabat-Zinn commented in a 2012 interview with Omega, “Mindfulness is about love and loving life. When you cultivate this love, it gives you clarity and compassion for life, and your actions happen in accordance with that. All ethics and morality, and a sense of interconnectedness, come out of the act of paying attention.”

Kabat-Zinn’s work over the past 40 years has contributed to a growing movement of mindfulness into areas from medicine, psychology, health care, and neuroscience to K-12 schools, higher education, corporations, prisons, government, and professional sports. His many widely-read books include *Full Catastrophe Living*; *Wherever You Go, There You Are*; *Mindfulness for*

Beginners; and *Coming to Our Senses*, the latter of which is currently being re-published in four separate and newly titled volumes. Kabat-Zinn has taught for the Omega Institute since 1984.

Tickets for *The Power of Mindfulness in Difficult Times* can be purchased [online](#) or in person through the Lincoln Center box office, with discounts available for [Omega members](#).

[Scholarships](#) are also available for this program, with an application deadline of November 11th. Kabat-Zinn's books will be for sale in the lobby before and after the event, and he will also sign copies after.

For more information visit eOmega.org, and follow Omega on Facebook, Twitter, YouTube, Pinterest, LinkedIn, and Instagram.

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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