Dear Friends of the Center,

I’d like to share with you three numbers 21, 63, and 10,000 and one word, "ripple."

For 21 years Jon Kabat-Zinn and I have taught the training retreat: Mindfulness-Based Stress Reduction in Mind-Body Medicine.

Across two decades we have taught this course 63 times in the Asia, Australia, Europe, and the United States.

All tolled, more than 10,000 health care professionals and educators from 6 continents and more than 80 countries have participated.

In one small way, this course has helped catalyze the ripple of mindfulness moving around the entire planet.

Shoulder-to-shoulder, Jon and I will teach this course one final time in Switzerland the week of June 26 - July 3, 2015.

Looking back across these 21 years, teaching this program has been an amazingly beautiful gift. My life has been enriched beyond words through my relationship with Jon and because of all of you who participated in these courses are now a part of who and what I am; remembering so many of your faces and, more so, feeling your presence fills me with unbounded warmth and gratitude. Thank you.
And while everything changes, life goes on in new ways...

In February and again in early June 2015, I, and my colleagues, Florence Meleo-Meyer, MS, MA and Judson Brewer, MD, PhD, will teach Mindfulness-Based Stress Reduction in Mind-Body Medicine through Omega Institute.

A Deep Bow,

Saki F. Santorelli, EdD, MA
Executive Director, Center for Mindfulness in Medicine,
Health Care & Society