

A close-up photograph of several dandelion seed heads against a bright blue sky. The seed heads are in various stages of being blown away, with some showing the delicate, feathery structure of the seeds. The lighting is bright and natural, creating a soft, ethereal atmosphere.

OMEGA

Annual Report 2017



Dear Friends,

I am often asked, “How do you stay positive and hopeful in such challenging times?”

There is no simple answer, of course. We will always have disagreements and conflicts. But we do have a choice in how we respond.

For 40 years, Omega has been helping people respond to challenges in more mindful ways. We encourage the deep inquiry that can come into our lives during the most difficult times, and we support individuals in these opportunities for growth, learning, healing, and connection. We continue to help people embrace and learn from differences, and enable the conversations that can help bring about change.

This year, in the Being Fearless Conference, which was live streamed around the world, we brought together leading change agents, including Paul Hawken, Vandana Shiva, and Van Jones, to inspire new ideas and courageous action. Our 15th Women & Power Retreat helped us redefine leadership with luminaries such as Anna Deavere Smith, Dolores Huerta, and Yasmeen Hassan. We also unveiled an ambitious and timely 5-year strategic plan to guide us as we move forward boldly to meet the challenges of an ever-shifting world, and to ensure that we will continue to provide a space for these important discussions long into the future.

On the pages that follow, you will read about some of our recent accomplishments and steps we’ve taken toward becoming an even greater force for personal, social, cultural, and environmental change. We are grateful to all who have supported us along the way. We could not have achieved so much without the support of our participants and the philanthropic contributions of our many generous donors and partners.

Forty years since our founding, Omega’s mission to awaken the best in the human spirit is as relevant as ever. We thank you for joining us on this journey, and look forward to stepping into all that the future brings— together.

Warm regards,

Skip Backus

Robert “Skip” Backus
Chief Executive Officer

Impacting our world, improving our future

Omega's 40th year was a celebration of the holistic approach to personal, social, cultural, and environmental change that we've championed since our founding. In 2017, more than 23,000 people attended our 380+ programs in person, and nearly 2 million people took part in events online. We also renewed and increased our commitment to social advocacy and community engagement, making even greater strides toward moving into the future we want to see.

Expanded scholarship opportunities provided greater access to our robust educational offerings. One scholarship recipient was artist Kasha Dziewisz, who attended Dan Welden's 5-day workshop, *The Art of Monoprinting*. Kasha had put her artistic aspirations on hold when she was diagnosed with a chronic illness in 1990. Invigorated by her workshop experience, she has since exhibited her drawings at her local library.

"I built some really solid friendships and professional relationships at Omega," she said. "The Omega environment calmed me and the connection with other artists, both in the studio and at meals, gave me a sense of well-being."

Antwan Martin came to Omega through our Veterans, Trauma, and Resilience initiative, and also benefitted from scholarship support. Antwan is a veteran who joined the Army at age 17, just after the 9/11 terrorist attacks. He described being "shocked by the realities of the world" when he served in the Iraq War and says that he "shut down" and "went numb" as a means of self-protection. Antwan attended several Omega yoga retreats designed specifically for the needs of veterans, and told us he is learning how to open up to the world and his own feelings again. "I'm taking some of these practices with me and incorporating them into my daily life," he said. "Each year I'm taking more of the retreat home with me. I'm able to feel again."



Omega is grateful for the support of generous individuals, foundations, and organizations that enables continued growth—in both size and impact—of the Omega scholarship program.

Women & Power: Do Power Differently

Women from around the world gathered at the Omega Women's Leadership Center's 15th Women & Power Retreat, where they were galvanized to Do Power Differently™. More than 25 presenters explored turning pain into power, cultivating personal resilience, taking action in the face of adversity, advocating for equality and justice, and more. The retreat was attended by more than 350 guests, including 150 scholarship recipients.

Omega cofounder Elizabeth Lesser kicked off the weekend with inspiring remarks and a brief meditation, guiding those attending to “feel deeply into the reality of what is happening to our country, our communities, our families, ourselves—to feel it in our bones without all the noise and the commentary.” She also called for women to draw on hope and resilience in facing today's challenges. “For millennia women have honed the heart,” she said. “It's time for us to validate what we know and put it into action.”

In a moving keynote, Dolores Huerta shared her experience of being a woman leader and discussed the influence she's had on farm workers, immigrants, and the labor movement, which was the subject of the documentary of her life, *Dolores*. Playwright, professor, and actor Anna Deavere Smith performed a dynamic presentation, and Gwen Carr, mother of Eric Garner and advocate against police violence, participated in a panel discussion on turning pain into power.

“A thread throughout the retreat was the critical need to take an intersectional approach to equality,” said Carla Goldstein, Omega's chief external affairs officer and cofounder of the OWLC, in an interview with *Forbes*. “We need to work at the roots of problems across multiple levels—personal, relational, and global—to create meaningful change.”

Threads, an exhibition of contemporary fiber art, was displayed in Main Hall throughout the weekend. Curated by Omega's creative director Kathleen Laucius, the exhibit stitched together stories of 14 fine artists exploring their personal history and their connection to the wider feminine condition.

“I felt such a strong sense of relief that someone was talking about things I've been thinking about, but that no one seems to be openly addressing. I needed to get fired up and inspired. The retreat offered that.”

—2017 Women & Power participant



Dolores Huerta delivered a rousing keynote at Women & Power



Catalyzing a new way of envisioning women's leadership

Marking the fifth year since its founding, the Omega Women's Leadership Center (OWLC) continued to make great strides in developing and implementing a curriculum as well as visioning and planning for the future.

The OWLC offered 12 skill-building workshops for women in 2017, including The Omega Women's Leadership Intensive—a highly experiential program that prepares women to Do Power Differently™ at home, at work, and in the world. The OWLC also launched its online learning curriculum with Micro-Resilience for Women, taught by Bonnie St. John, and presented to an audience of Women's Leadership Collaborative Pilot leaders (from all cohorts 2014–2017).

A special partnership was developed with the International Leadership Association (ILA), a 3,000-member global organization that brings academics and practitioners together to learn about new leadership models. ILA brought its biannual conference, Advancing Women in Leadership: Cultivating Our Whole Selves, to Omega for an audience of more than 250 guests. One highlight was a panel discussion with OWLC cofounder Carla Goldstein and Cindy Pace, assistant vice president of global diversity and inclusion at MetLife, another organization the OWLC is engaging with and forging a meaningful relationship.

Thinking forward, giving back

Soffiyah Elijah, a former criminal defense attorney, advocate for civil rights, and the first black woman to serve as executive director of the Correctional Association of New York, was nominated by the New York Women's Foundation as one of 10 women leaders to receive a full scholarship to participate in the OWLC's Collaborative Pilot Program.

Over the course of the year, Soffiyah took part in skill-building workshops, created an individualized Leadership Plan, and experienced the immersive, 3-day Juno Residency. Through deep examination of her goals and ideas about leadership and change—and with support from OWLC staff, teachers, and other participants—Soffiyah found the courage to leave her position at the Correctional Association and start her own nonprofit, The Alliance of Families for Justice.

With gratitude for her experience and to help other women benefit as she had, Soffiyah established a monthly donation to the OWLC. She said, "I feel that Omega is like an oasis. Frankly, I think that every woman who is going to be a leader in the nonprofit world should have the benefit that Omega brings."

Omega Women's Leadership Intensive participants

Being Fearless: Action in a Time of Disruption

Addressing the current political climate of increased division and confusion, the Omega Center for Sustainable Living (OCSL) convened a global conversation featuring an extraordinary lineup of leading thinkers of our day. The Being Fearless: Action in a Time of Disruption Conference addressed how to move forward and make the kind of deep changes these times demand of us.

Being Fearless featured leading voices in the media such as Van Jones and Amy Goodman, with activists like professor and social critic Cornel West, Black Lives Matter cofounder Opal Tometi, environmental visionary Paul Hawken, and leaders in the mindfulness movement including Rhonda V. Magee and Jon Kabat-Zinn.

The 3-day conference was made available to an audience of thousands online through a crowdfunding campaign that mobilized support from around the globe. Watch parties were hosted from Kansas City to India, with communities gathering together to view and discuss inspiring keynotes and performances.

Over the course of three days, the conference served to empower all who were present—and all who participated online—with the skills they need to engage one another across the difference and divide.

Global Compassion: Beyond the Self

Supporters of the Being Fearless crowdfunding campaign enjoyed online, on-demand access to an event in New York City with Buddhist monk and best-selling author Matthieu Ricard and renowned actor, activist, and philanthropist Richard Gere.



“To engage with each other and fight for a world where we all know that we matter, that we are loved, that we can live with dignity, that to me is the most profound and important engagement in our spiritual practice. Period.”

OPAL TOMETI, COFOUNDER OF
BLACK LIVES MATTER



““People who care are not a fringe minority, not even the silent majority, but a silenced majority.”

AMY GOODMAN, HOST AND EXECUTIVE
PRODUCER OF *DEMOCRACY NOW!*



“When you set bigger goals, everything opens up. Innovation. Creativity. Ingenuity. Genius. Possibilities.”

PAUL HAWKEN, AUTHOR OF
DRAWDOWN LEARN



“You have to be open to make yourself vulnerable so you can be empowered in a way you may not have expected.”

CORNEL WEST, PROFESSOR OF
PHILOSOPHY AT HARVARD UNIVERSITY



Leadership award in sustainability education

In a ceremony on Saturday evening during the Being Fearless Conference, the OCSL’s 2017 Leadership Award in Sustainability Education was presented to Soul Fire Farm Institute for their innovative work in sustainable farming, public education, and strategic development support for grassroots activists. The award will support scholarships to Soul Fire Farm’s Black-Latinx Farmers Immersion program, which provides training for the next generation of black and brown farmers.

Sustainable solutions for a regenerative future

The Omega Center for Sustainable Living (OCSL) continued its important work, presenting real-world solutions for living and working in alignment with our planet. Grow Food Everywhere with Ricky Baruc and Deb Habib, Regenerative Design for Changemakers with Abrah Dresdale and Keith Zaltzberg, and Seed Stewardship for Everyone with Ken Greene were just a few of this year's workshops.

The OCSL's 4-week Ecological Literacy Immersion Program (ELIP) awarded Permaculture Design Certificates to more than 20 students, who developed a deep understanding of natural systems and how to live, work, and design for regeneration within them. Since its initiation five years ago, ELIP has worked toward more fully integrating guiding principles and rich experiences from a number of fields and teachings—including permaculture, regenerative agriculture, ecological engineering, social justice, and more.

Sue Sie, a recent ELIP graduate, was profoundly impacted by the program. She describes her experience as "transformative" and says it gave her the inspiration she needed to create a seed library and initiate a monthly series on sustainability at her local library. Understanding the extraordinary potential of ELIP, Sie was further moved to make a generous donation to the ELIP scholarship fund. Her gift added breadth and depth to the overall class experience and provided financial assistance for five ELIP participants who went on to bring regenerative design practices out into the world.



More than 4,500 visitors learned about Omega's carbon-neutral wastewater treatment system through guided tours of the award-winning Eco Machine™. The Eco Machine processes up to 52,000 gallons of water per day when Omega's campus is open (May to October), powered 100% by solar energy.



The OCSL joined more than 1,000 businesses, unions, faith groups, and environmental organizations at the historic People's Climate March in Washington, DC, on April 29.



Leading the way for clean water programs

In recognition for its leadership in national and state clean water programs, the OCSL was awarded the 2017 Sustainability Award from the New York Water Environment Association (NYWEA).



Farm fresh dining

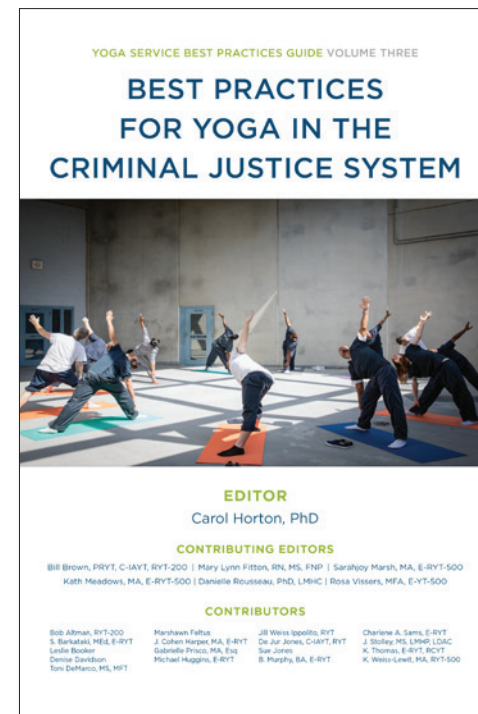
Created by three-time James Beard Award-winning chef and food equity advocate Michel Nischan, and honored chef and sustainable food systems advocate Michael Leviton, Omega's new menu emphasized even greater variety, more flavor, higher nutritional value, and deeper sustainability.



Michel Nischan

“Food has more impact on our environmental, social, and personal health than any other factor. These truths are embodied—deliciously—by the food we prepare and serve in Omega’s dining hall.”

**—Michel Nischan,
Omega dining consultant and founder of Wholesome Wave**



Yoga service for the criminal justice system

Omega's Yoga Service initiative helps bring the healing and restorative benefits of yoga into the lives of individuals and communities who have limited access—including those in the criminal justice system. In partnership with the Yoga Service Council, Omega published *Best Practices for Yoga in the Criminal Justice System*, the third in the *Best Practices* series. This user-friendly guide explains how to develop, implement, and sustain high-quality yoga programs appropriate for jails, prisons, youth detention centers, and court-ordered programs.

Bringing mindfulness to the classroom—and the future

Hundreds of people experienced the benefits of mindfulness-based practices at Omega through more than 20 programs offered in 2017, including introductory workshops, professional trainings, and groundbreaking gatherings like the annual Mindfulness & Education Conference.

Since 2008, the Mindfulness & Education Conference has brought together those working in schools to further their learning on mindfulness and Social and Emotional Learning practices. Research shows that these techniques help decrease stress and anxiety in children while helping them achieve greater health and more connected social relationships.

“The most profound thing I have seen in the last 10 years is how mindfulness has been brought into schools on a systemic level,” said Daniel Rechtschaffen, who organizes the annual conference and a teacher training at Omega. “This work has evolved so that whole school districts are implementing practices for students and teachers to find greater well-being.”

Each year, Omega offers scholarships to the conference in an effort to create a broader holistic learning community. Scholarship recipients, in turn, take these lessons back to their schools and communities—making a difference for kids, their families, and teachers.





Building a digital campus

Through our expanding online offerings, Omega informs, inspires, and galvanizes a learning community that stretches across the United States and around the world.

About one-fifth of visitors to eOmega.org connect with us from outside of the United States, including guests from

- | | | |
|----------------------|--------------------|-----------------|
| Canada | Hong Kong | Bermuda |
| United Kingdom | Greece | Nepal |
| India | China | Panama |
| Australia | Colombia | Kuwait |
| Germany | Romania | Iceland |
| France | Pakistan | Guatemala |
| Netherlands | Austria | Lithuania |
| Philippines | Poland | Bahamas |
| Mexico | Thailand | Estonia |
| Spain | Vietnam | Slovakia |
| Italy | South Korea | Ghana |
| Brazil | Finland | Latvia |
| South Africa | Chile | Venezuela |
| Ireland | Peru | Cyprus |
| Switzerland | Saudi Arabia | Jordan |
| Sweden | Czechia | Uganda |
| New Zealand | Egypt | Tanzania |
| Malaysia | Kenya | Oman |
| Turkey | Ukraine | Algeria |
| Denmark | Hungary | Ethiopia |
| Singapore | Croatia | Iraq |
| United Arab Emirates | Bangladesh | Macedonia |
| Israel | Lebanon | Cambodia |
| Japan | Slovenia | Mauritius |
| Argentina | Bulgaria | Barbados |
| Russia | Ecuador | Uruguay |
| Costa Rica | Qatar | Luxembourg |
| Belgium | Serbia | Kazakhstan |
| Nigeria | Trinidad & Tobago | Myanmar (Burma) |
| Norway | Sri Lanka | Georgia |
| Portugal | Morocco | Bahrain |
| Indonesia | Iran | Zimbabwe |
| Taiwan | Jamaica | Malta |
| | Dominican Republic | Curaçao |

**in order of greatest participation*

By the numbers



2,000,000+
visitors to eOmega.org



70,000+
eNews subscribers



200,000+
social media followers

Serving and strengthening the nonprofit community

Omega supports and celebrates those who are dedicated to bettering the lives of others. Each year we host members of the nonprofit community with working retreats designed to offer space for centering, opportunities for connection, practices for resilience, and platforms to amplify our voices.

Eighteen staff and board members from Reliance Health of Connecticut were among the participants in May of 2017. Their goal was to reinvigorate their wellness initiative to include more holistic approaches. The executive team reported, "During our retreat we not only achieved our goal, we exceeded all of our expectations. We developed a plan to host a wellness retreat that will recreate our Omega Institute experience for the individuals we serve." They went on to host their first Wellness Retreat in October.

Kavita Bali, who first attended a service retreat at Omega in 2014 with her colleagues at Care USA, returned for the Women Serving Women Summit in 2017 in her new position as director for development and strategic partnerships at Women's World Banking. "Omega quite literally helped us cross the threshold from a time of uncertainty at Women's World Banking to a time of greater clarity and stability," she said. Describing the experience as both productive and transformative, she added, "We felt supported, uplifted, and rejuvenated after returning home."



The following organizations participated in nonprofit retreats at Omega in 2017

Strengthening Communities Summit

Art and Resistance Through Education (ARTE)
 Bard College: Center for Civic Engagement
 Big Brothers Big Sisters of Orange County, NY
 Center for Creative Education
 Circle of Friends for the Dying
 Common Ground Farm
 Cornell Cooperative Extension of Ulster County
 Dutchess Outreach
 Family Services: Center for Victim Safety and Support
 Greater Hudson Promise Neighborhood
 Harlem Wellness Center
 Hudson River HealthCare

Hudson Valley Seed
 Kingston Midtown Rising
 Latinas on the Verge of Excellence (LOVE)
 Mid-Hudson Children's Museum
 Mill Street Loft/Spark
 O Positive Festivals
 People's Emergency Center
 Putnam ARC (Mid-Hudson Collaborative)
 The Race Unity Circle
 Red Hook Community Center
 Reliance Health
 Safe Homes of Orange County
 Seedshed
 TMI Project
 Taconic Resources for Independence
 Ulster Literacy Association (Hudson Valley Literacy Consortium)
 Worker Justice Center of New York

Women Serving Women Summit

Alliance of Families for Justice
 Black Women's Blueprint
 Center for Reproductive Rights
 Girl Be Heard
 Hollaback!
 Mekong NYC
 Ms. Foundation for Women
 NYC Anti-Violence Project
 Sheltered Yoga
 Transformative Culture Project
 Women's World Banking



"It is possible to benefit greatly from a pause in our everyday rush, a spacious pause to consider more than just the next fire that needs putting out."

—Robert "Skip" Backus, Omega CEO

Mindfulness expert **Jon Kabat-Zinn** has been teaching at Omega since the early 1980s. In 2017, he partnered with son Will Kabat-Zinn to offer the 5-day workshop **The Way of Awareness**, which provided an immersion experience in mindfulness and heartfulness to a sold-out crowd.



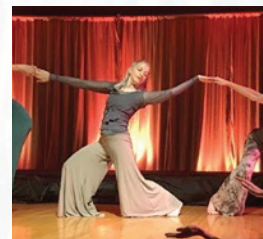
Two of today's most electrifying teachers—psychic medium **John Holland** and near-death survivor **Anita Moorjani**—cotaught the healing-focused workshop **Living Heaven Now**. Guests experienced inspiring talks, guided meditations, and explorations into the unique and transformational powers of the soul.



"Exceptional," "exhilarating," "life-affirming," and "transformational." These are just a few words participants used to describe their experience in **Radical Acceptance**, a meditation retreat with renowned Buddhist psychologist **Tara Brach**.



Hosted by **Elaine Colandrea** of Watermark Arts, the **Somatic Summit** brought together an array of somatic movement practitioners to deepen their practice and celebrate the legacies of Emilie Conrad, Bonnie Bainbridge-Cohen, Moshe Feldenkrais, and other pioneers.



Mark Wolynn returned to Omega for the second year with his workshop **It Didn't Start With You**. Presenting the latest research in epigenetics, Wolynn guided participants in discussions and group work to help get to the core of unresolved generational issues and break cycles of inherited trauma through family constellations.



For those wanting to teach a holistic class that meets the unique physical, emotional, and social needs of children, **Jennifer Cohen Harper** led the 7-day **Little Flower Yoga & Mindfulness Teacher Training**. This Yoga Alliance certified yoga service program provided information as well as opportunities for personal practice.



"I learned a lot of invaluable techniques that I can apply to myself and my practice," said one guest who attended **Robert Peng's Qigong Empowerments**, a 5-day workshop exploring the fundamentals of transforming energy for a better quality of life.



Marianne Williamson has taught millions of people simple yet profound lessons to create miracles in everyday life. In her weekend workshop **Miraculous Mind, Miraculous Life**, Williamson shared powerful principles for navigating the world and working with the mind to open up to expanded possibilities of the universe.



More than 23,000 people join us

for workshops, conferences, retreats, and more on our Rhinebeck, NY, campus and other extraordinary locations each year.



Reclaim Your Vitality was taught by **Kelly Brogan**, and **Swaranpal Kaur**. Nearly 60 women in attendance tuned into the body's innate ability to recalibrate, reset, and recharge through dietary support, detoxification, stress reframing techniques, and the power of Kundalini Yoga.



The OWLC presented **Centering Leadership in Presence** with author and activist **Reverend angel Kyodo Williams Sensei**. Williams returned to Omega later in the year to teach **Radical Dharma Camp**, a path to reimagining racial justice and collective awakening.



Experienced artists and those just getting started came together for **Jane Davies' Intuitive Painting**. This 5-day workshop included techniques such as painting to music and drawing with crayons to encourage spontaneity and creativity.



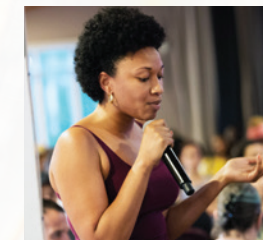
Clairvoyant, clairsentient, and clairaudient **Rob Wergin** joined the roster of teachers at Omega with **Reconnect to Divine Energy**. "I had the most amazing experience of my life," exclaimed one enthusiastic participant.



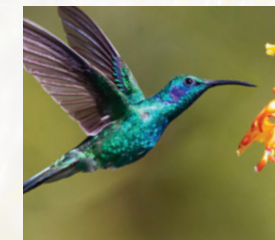
Thomas Hübl is a spiritual teacher who offers a unique approach for living as a "mystic in the marketplace." His workshop **Timeless Wisdom Training** provided a framework for self-discovery and personal transformation, and laid the groundwork for Hübl's 2-year intensive training program.



Educating for a Sustainable Future was offered by the OCSL. Taught by **Jamie P. Cloud**, this 5-day design studio offered educators, administrators, and program designers a new framework to teach children the knowledge, skills, attitudes, and habits required to become responsible citizens.



Omega's **New York City** programs included **Public Speaking for Women Leaders** with **Barbara Tannenbaum**, hosted by the OWLC, and the OCSL's **Global Compassion: Beyond the Self** with **Matthieu Ricard** and special guest **Richard Gere**.



In a lush jungle on the edge of the Pacific Ocean, **Omega Costa Rica** offered five weeks of educational programming and opportunities for rest and exploration. A few highlights of the winter season were workshops taught by British philosopher **Neil Kramer**, sexual-spiritual pioneer **Margot Anand**, and acclaimed spirit medium **James Van Praagh**.

Thank you for supporting Omega's mission in 2017

With deep appreciation, we thank all those who share Omega's commitment to awaken the best in the human spirit and cultivate the extraordinary potential that exists within us all. This list recognizes generous contributors who supported Omega's programs and initiatives, including the Omega Center for Sustainable Living and the Omega Women's Leadership Center, between January 1 and December 31, 2017.

Visionary \$1,000,000+

Sarah Peter

Innovator \$100,000-\$999,999

Dormitory Authority of the State of New York (DASNY)

Tom F. Kearns

Novo Foundation

David & Candy Orlinsky

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Explorer \$50,000-\$99,999

Henry L. Kimelman Family Foundation / Suzi Edwards

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Leader \$25,000-\$49,999

Bob Woodruff Foundation

Benefactor \$10,000-\$24,999

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Eileen Fisher Community Foundation

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Mayfield Consulting Ltd / Jacquelyn Mayfield

New York Women's Foundation

Numi Organic Tea

Bev Parsons

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Steward \$5,000-\$9,999

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Frederick & Greta Smiley Charitable Foundation / Hank & Phyllis Beinstein

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Elizabeth Lesser

Markowitz Consulting / Jill Markowitz

Roy A. Hunt Foundation

Savas Labs / Chris Russo

The Keynote Coach / Saskia Shakin

Susan Sie

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The Isabel Allende Foundation

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Partner \$2,500-\$4,999

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Cathy A. Cramer & Kenneth D. Gibbs

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Morgan Linen Service, Inc.

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Ellen B. Peskin

Michael C. Plewa, MD

Martin Reisig

Gina & Gwyn Riffel

Kali Rosenblum & Kevin Smith

Bruce Scheerer & Pamela Stone

Gail H. Straub / Empowerment Institute

Catherine Stroup

Felicita S. Thorne

Jeanne S. Vanecko

Williams Lumber & Home Center

Lynn Amani Wise

Anonymous (2)

Sustainer \$500-\$999

Wendy Abt

Adirondack Trailways

Ahmad Alafaliq

Gina Ang & Anthony Tenzin Ang

Sarah Arnold

Assemblymember Didi Barrett

Marcia S. Bernstein

Shirley D. Brandman

Dick W. Buckson

Growth begins with a simple question

Each year, Nancy and David VerNooy eagerly look forward to the arrival of the Omega catalog; mulling over the many workshops to choose from has become their spring ritual. David finds the wide variety of programs heartening—he loves knowing that there is something here for everyone, even workshops he wouldn't select for himself. Both Nancy and David feel their years of participation have benefited and nurtured them individually, and have made them better family members, citizens, and employees. Omega fills them with hope for what is possible. And they love to spread the word about the good work that Omega does.

So when they make their annual donation, David takes advantage of his employer-sponsored corporate match. Each year, Edgewell Personal Care has generously matched the VerNooy's contribution. This doubles the value of their gift, and Nancy says it feels good to bring additional attention to Omega.

Does your employer match gifts? Just ask, and let the impact of your gift grow. Talk to your human resources department or call us at 845.266.4444, ext. 405. You can also visit our website eOmega.org/support-us for more information.

It's one more way to help share and support our programs.

The following companies matched donations made to Omega by their employees:



It takes a village: funding Omega Family Week

Family Week has been a cherished Omega tradition for more than 30 years. Families return year after year to participate in healing, community, and growth, build lifelong friendships, and create a “village”—a support system that sustains them beyond the Omega campus.

These days, especially, we feel deep gratitude for any opportunity to help cultivate family togetherness, for families of all configurations. Omega cofounder Elizabeth Lesser, who started Family Week, carries with her “the feeling—and the prayer—that the world could be like this every week, for all people, all children, everywhere.”

This beloved program has touched many lives over the years. We are grateful to the numerous families who, because of their deep belief in Family Week, have offered continued financial support. This year, we held our first ever Facebook fundraiser to help raise additional scholarship support for the program. The village showed up. We met our \$3,000 goal, and all donations were matched dollar for dollar. Through the generosity of the Family Week community, we were able to offer scholarships to families who otherwise would not be able to join in. These were “kids who had never gotten a chance to be in nature, swim in a lake, see the stars at night,” said Elizabeth. “I’d love to increase that capacity.”

At Omega Family Week, everyone has the opportunity to feel a sense of belonging and connection. When you give to Family Week scholarships, you help the village thrive.

To watch a video about Family Week and read more about the program, visit eOmega.org/familyweekvideo.



Nick Carter
Jonathan & Diana Cohen
Carol Donahoe
Nancy L. Dotlo
Ashok Duvvi
Katzman Elstein Charitable Fund
Debra Fallon
Carla M. Goldstein
Suzanne Hanson
Christy Haubegger
Arthur Hurwitz
Ron J. Kamen
Leyla H. Khosrowshahi
Mira & Andrzej Lechowicz
The Lepak Family
Suzanne V. Moffat
Melissa Morris
Janet O’Brien
Lloyd Olson
Donna L. Panucci

Molly Peter
George Philip & Monique Schobert
William Phillips
Brette Popper & Paul Spraos
Leslie Quick
Rhinebeck Bank
Gillian Roy
Sherry M. Rubin
Anne-Marie Serre
Felicity E. Simpson
The Altman Stiller Foundation
Kari Uman
Beth Urech
Nancy & David Vernooy
Daphne T. Whitman
Brenda Wilhelm & Belinda Davis
Jamia A. Wilson
Carmen Rita Wong
Anonymous (2)

Fellow \$250-\$499

David G. Aftergood
Char Agee
Suzana Apelbaum & Lorenzo Benedick
Mark & Judi Aronchick
Ewelina Bialek
Jeffrey J. Bishop
Allison C. Boyd
Joan Brady
Shelby Broughton & Nada Conway
Fella Cederbaum
David E. Cooper & Amy Faith Scott
Chris & Trudy Coote
Nan & Lee Corbin
Matthew & Kate Cruz
Sheila A. Dauer
Sophia De Monte
Dorothy Distel & Lenore Maroney
Meg & Ed Downey
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Lauryn Franzoni
Deborah S. Freedman
Kayla E. Gluck
Karen S. Goodheart
Karl and Dorsey Gude
Patricia Husted
Like a Boss Girls / Marla Isackson
June P. Jackson
Rick A. Kasnick Jr.
George & Helen Kaufman
Sussan Lari & Farhad Mechkat
Kathleen Laucius
William Leboeuf, M.D. & Sarah Fernsler, M.D.
Tawanna Lee
Telfair Leimbach
Jody Lesko

Supporting the future

Sandy Morrison had loved coming to Omega for many years. Then in the course of a single year, she lost her job, was diagnosed with breast cancer, and her father passed away suddenly. If ever Sandy needed Omega in her life, it was then. Through the generosity of scholarship support, Sandy returned to Omega in 2014 to find the healing, respite, and rejuvenation she needed. Her Omega experience, she says, was so helpful and important during a particularly challenging point in her life.

Because Omega was there for her when she needed it most, Sandy wants to ensure Omega will be there for others. When she received an unexpected inheritance, she contacted Omega to learn more about giving. It was easier than she thought. With guidance from her attorney and a few conversations with our development department, Sandy named Omega as a beneficiary of her estate. Through the Morrison Family Scholarship Fund, Sandy will touch the future and help others access Omega when they too need it most.

By making a testamentary gift, Sandy joined a number of others in **The Sanctuary Circle**, which recognizes and celebrates those who have chosen to support Omega by creating a lasting legacy in their will or other gift-planning vehicle. Members of The Sanctuary Circle help shape Omega’s future and inspire others to join in “awakening the best in the human spirit” through their generous planning and support.

If you would like information on how to make your own planned gift to Omega, please contact development director Veronica Fitzgerald at veronicaf@eOmega.org or call 845.266.4444, ext. 402. If you have already named Omega in your bequest plans, please contact us so we can celebrate and recognize you for making such a heartfelt gift.



Laura A. Lesniewski
 Stuart Marcus & Ann-Marie Trotta
 George Marino
 Marilyn Marks
 Gail E. Merker
 Bruce Moffat & Nicole Hambleton
 Meg Morris
 Sarah C. Morrison
 Andrew Nance
 Amy M. Novatt
 Wendy Owen
 Susan Perl

Claus Radlberger
 Lynn Schneider
 David M. Schwartz
 Linda B. Selwood
 Catherine H. Skove
 Gerlinde Spiess
 Randy & Marianne Sutin
 The Chazen Companies
 Hartley & Benson Webster
 Tara Well
 Anonymous (5)

Making a difference on the mat

If you've taken a yoga class at Omega, you've likely used a sustainable, no-slip yoga mat made by JadeYoga. Since 2011, JadeYoga has generously provided Omega with yoga mats for use during classes and workshops. Sharing Omega's concern for the environment and the future of our planet, JadeYoga is known for its use of high-quality, natural materials.

This year, JadeYoga donated additional yoga mats to Omega for participants in our Yoga Service programs. When a young, male participant at the Yoga Service Conference was offered a JadeYoga mat to take home, he became emotional. It was the first yoga mat he had ever been able to call his own. Upon hearing his reaction, Jade Industries president Dean Jerrehian said, "We're so happy to contribute to the life-changing experiences people have at Omega. We love hearing about how we're touching people's lives in such important and unexpected ways."



Endowment fund established in honor of a dear friend

George Kaufman has been part of the lifeblood of Omega for more than 30 years and his energy and impact are still felt daily. During his tenure at Omega, George served as general counsel, board chair, and chief fundraiser. He spearheaded the construction of the Sanctuary by leading Omega's first significant fundraising effort. But perhaps his most memorable role at Omega has been as a loving father figure to staff and participants alike.

In October, we honored George for his contributions to Omega and celebrated his recent book, *Accidental Spirituality*, with a tribute event and reading held in the Sanctuary. Friends and staff gathered to share stories of George's wisdom, honesty, and mentorship, and we announced the George Kaufman Scholarship, which marks the beginning of Omega's endowment fund.

Omega is grateful for George's leadership and the generosity and forward thinking of his many friends, whose contributions honor George while making a life-changing difference in somebody else's story—something that accurately reflects the grace, generosity, and compassionate presence embodied by a beloved friend and ally. In her foreword to his book, Omega cofounder Elizabeth Lesser described George as "love in action." This scholarship will reflect that sentiment and enable a greater number of participants to find insight and inspiration at Omega, enriching the community as a whole.

Read George's essay about creating Omega's sanctuary at eOmega.org/buildingasacuary. To learn more about endowment at Omega, visit eOmega.planmygift.org/endowedgifts or contact development@eOmega.org.



George Kaufman

We extend our gratitude to those who donated in honor of George Kaufman

Mark & Judi Aronchick	Frederick & Greta Smiley Charitable Foundation / Hank & Phyllis Beinstein	Meyers Foundation / Philip M. Meyers, M.D. and Susan M. Falk
Jacalyn E. S. Bennett	Patty Goodwin	David M. Plath
Marcia S. Bernstein	Charles Houghton	Ellen Reinstatler
Brett Cobb	Bob & Marlene Josefsberg	Gail Straub
Michael Cornman & Pat Mulvey	Elaine & Hank Koelmel	Sara Trapani / Whole Sky Yoga
Matthew & Kate Cruz	Sheryl R. Lamb	Steven A. Weiss
Rosalind Dickinson		

Honorary Gifts

The following people and communities have been celebrated with gifts to Omega in their honor.

Adyashanti
 Geoffrey Locke
 Dr. Ysaye Barnwell
 Phyllis K. Lerner
 The wedding of Marcia Bernstein and Arnold Lopez-Cepero
 Julie D. Carran
 Phyllis K. Lerner
 Camp Boiberik
 David M. Schwartz
 Carla Goldstein
 Susan Mazonson
 Marjorie Lentz
 Robyn Moreno
 Christy Haubegger
 Jackie Murray
 Jeffrey Morse

Memorial Gifts

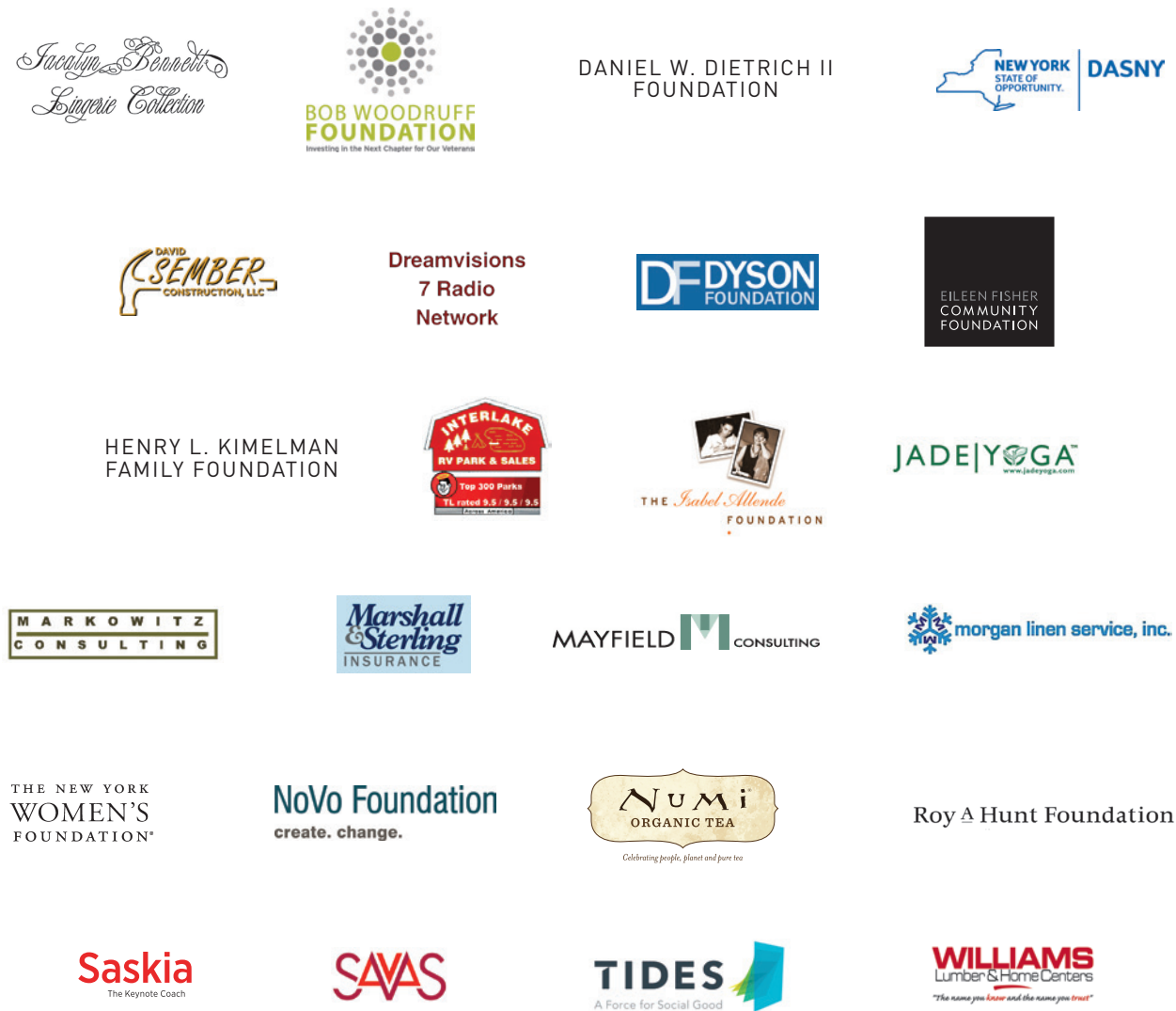
The following individuals have been honored with gifts to Omega in their memory.

Amina Eagle
 Gary & Kirsten Krauthamer
 Nancy Reisig
 Martin Reisig
 Shirley Noonan
 Judith Hurwitz
 Arthur Hurwitz
 Virginia Owen
 Wendy Owen
 Dylan Schneider
 Lynn Schneider
 Antonia Pavon
 Lisa J. Failla
 Metta Callahan
 Suzu Kawamoto
 Courtney Lane Chell
 T. J. Killoran
 James Petersen
 Laurie Petersen
 Thomas Magoon
 Cynthia R. Magoon

We appreciate your support of Omega's mission

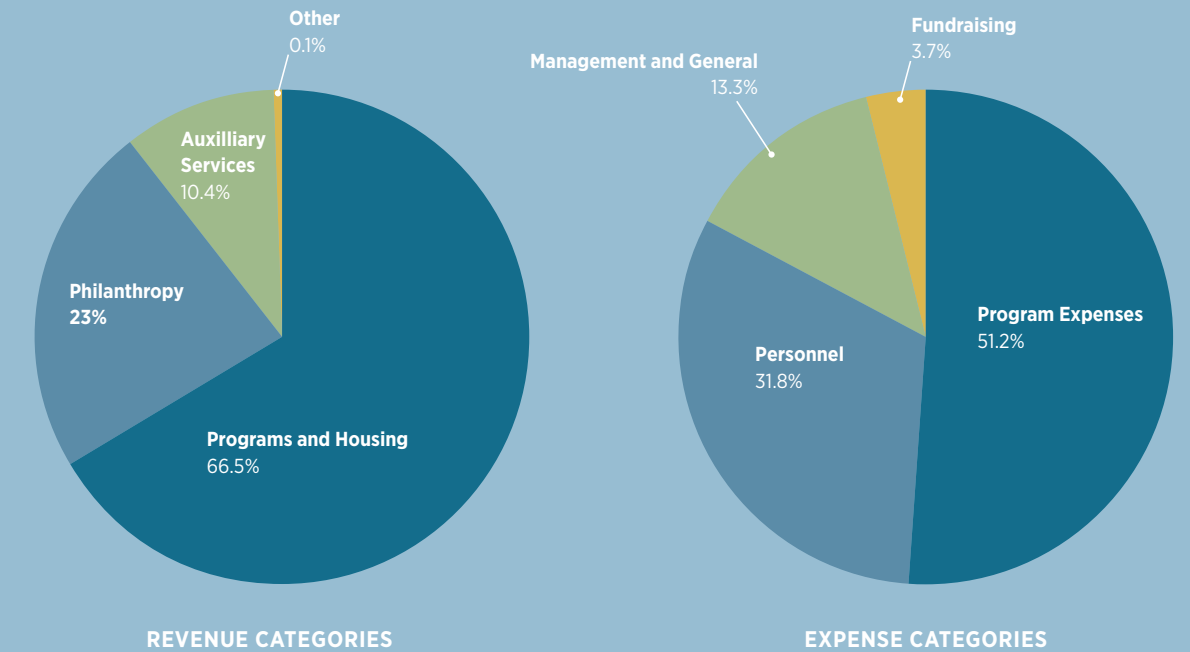
As a nonprofit organization, Omega is able to achieve its mission in part through the generous support of more than 4,875 individuals, foundations, and corporations. In 2017, donors gave \$5.6 million to support Omega initiatives, programs, scholarships, and infrastructure. Each and every gift strengthens our ability to awaken the best in the human spirit.

We thank the following organizations for significant support of the Omega Institute:

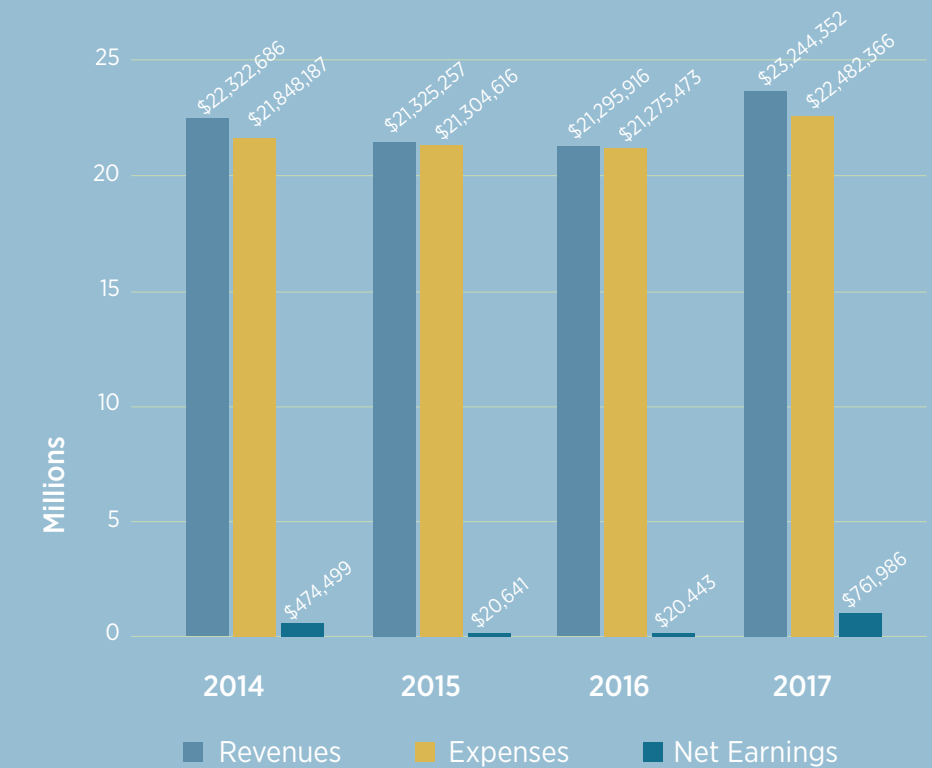


FINANCIAL SNAPSHOT 2017

Audited financial statements are available upon request.



Comparative Revenues, Expenses, and Net Earnings



Omega Institute for Holistic Studies, Inc. is qualified as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible, as allowed by the law. The Statements of Financial Position and Activities is summarized here. A complete copy of the last annual report filed with the New York State Office of the Attorney General may be obtained upon request by writing to the New York State Office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271.

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Cofounder/Senior Advisor/Ex Officio

Omega is a nonprofit, mission-driven, and donor-supported educational organization. For 40 years, we've been a leader in holistic studies—helping people and organizations integrate personal growth and social change, moving beyond “the way it is” toward “the way it can be.”

OMEGA



Omega is proud of our Gold Level rating from the GuideStar Exchange in recognition of our commitment to transparency and accountability.

Please share this report with others.

For more information about major initiatives, sponsorship opportunities, and additional involvement, please contact the development office at 845.266.4444, ext. 409 or development@eOmega.org.

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OMEGA

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