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Omega's Annual Celebration of the Arts Is Re-imagined for 2013

Omega Arts Week Offers a Creative Vacation Like No Other

RHINEBECK, NY – Omega Institute announced today that it will hold its annual [Arts Week](#), July 7-12, bringing together several [esteemed artists](#) and other creative talent to teach visual and literary arts, music and voice, comedy, circus, trapeze, and puppeteering. Arts Week has remained one of Omega's most beloved programs since it began nearly 20 years ago. The 2013 theme of metamorphosis was chosen to honor the evolution of the event, which now includes a new [schedule](#) format, [tiered pricing](#) option, and philanthropic component—collaborative art projects will be donated to [Berkshire Farm Center and Services for Youth](#) to beautify and brighten the lives of foster children and teens in need.

“Creative expression helps us deepen our sense of connection to self and others, and the arts hold tremendous power to heal and transform us individually and culturally. Creativity has always been a core piece of the Omega experience, and we are delighted to offer a wide variety of ways for people to dabble in or deepen talent, in a relaxed and fun environment,” said Carla Goldstein, chief external affairs officer at Omega. “At Omega, everyone gets a standing ovation.”

Guests have the opportunity to choose from one of 11 unique [workshops](#) to focus on each morning, including Arts Week favorites like Peter Gold's Flying Trapeze, and new talent like stand-up comedian Jim Mendrinos of the Gotham Comedy Club in New York City, members of the Bindlestiff Family Cirkus, a cappella group The Western Wind, and many more. In the afternoons, guests can explore the theme of metamorphosis through collaborative community art projects with multiple teachers, to benefit the Berkshire Farm Center. Evenings will be filled with [events](#), including bonfires, music performances, swing dancing, comedy, fireworks, a circus night, and a closing ceremony that showcases the week's projects and performances.

A limited number of media passes are available. To apply for a media pass, please email ChrissaP@eOmega.org. For more information or to register, please visit eOmega.org or call 800.944.1001.

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 more than 200 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