

FOR IMMEDIATE RELEASE
April 17, 2013

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OMEGA OPENS DOORS FOR 2013 SEASON

Now Offering New Tiered Pricing on Select Programs, Announces Ambitious Season of More Than 345 Workshops, Trainings and Retreats

RHINEBECK, NY – Omega Institute for Holistic Studies, a premier travel destination in New York’s Hudson Valley, reopens to the public this Wednesday, with more than 345 workshops, professional trainings, and retreats scheduled at their Rhinebeck campus in 2013. Each year, more than 23,000 people from all walks of life visit Omega’s beautiful 200-acre campus for programs that foster lifelong learning, inspired living, and community-building. For the first time ever, Omega is testing [Tiered Pricing](#) on select programs—allowing guests to choose one of three prices based on financial need.

“At Omega, we believe that the benefits of a holistic education should be available to everyone. We also recognize that what is affordable for some will not be for all. We are now offering tiered pricing on select programs to help meet the varying financial needs of our community,” said Skip Backus, chief executive officer at Omega. “We look forward to testing this model in 2013 and seeing how it may help make Omega accessible to more people.”

Sampling of 2013 Program Highlights With Tiered Pricing:

[Arts Week \(July 7–12\):](#) One of Omega's most popular programs of nearly 20 years, Arts Week, has been re-imagined for 2013. A new format offers a balance of individual workshops, collaborative community arts projects, and participatory evening events. Accomplished and budding artists come together and help make Omega’s campus come alive through music, dance, visual and written arts, trapeze, spontaneous parades, puppeteering, and more.

[Parenting Conference \(August 2-4\):](#) Eminent leaders in developmental psychology, attachment parenting, and diversity and tolerance work explore ways you can build and keep strong bonds with your kids at any age, from elementary school through adolescence, with attention to new challenges parents face in the digital age. Parents, guardians, grandparents, teachers, educators, aunts, uncles, and anyone else who raises children are invited to join this inspiring gathering.

[Mindfulness & Education Conference: Bringing Mindfulness Practice to Children Grades K–12, \(August 16–18\):](#) Research shows that mindfulness decreases attention deficit disorder, depression, anxiety, and hostility in children, while benefiting their health, well-being, social relations, and academic performance. Influential leaders in the fields of mindfulness and Social and Emotional Learning (SEL), including psychologists, educators, administrators, and teachers will show how the new field of teaching mindfulness to youth is profoundly beneficial to the development of children.

[Living Well With Cancer \(August 16–18\):](#) Now in its third year, Living Well With Cancer offers the opportunity to envision a nurturing and healing approach for the whole person. This weekend, seven remarkable individuals help inspire, educate, and empower you on your cancer journey as you learn how to take care of your body while honoring and embracing all aspects of

your humanity.

Women & Power Retreat (September 20–22): As we bring our full selves into the world, women are confronting old assumptions and asking new questions about power, courage, and leadership. In this retreat, we slow down and look within to connect with our authentic voice and define for ourselves what it means to be strong. The Women & Power Retreat alternates yearly with the Women & Power Conference. The retreat emphasizes personal development, self-care, and skills for authentic action in the world.

Where We Go From Here (October 4–6): This conference explores opportunities and solutions for living in an interdependent world by bringing together those at the forefront of whole-systems thinking, including leading economists, environmentalists, philanthropists, designers, architects, and activists who share insights for navigating the complex challenges facing humanity. Whether you are a concerned citizen, business leader, educator, student, architect, policy maker, builder, or activist, this gathering will inform and inspire you to take action in your corner of the world.

Veterans, Trauma, & Treatment Conference (October 18–20): This is an unprecedented gathering of experts in resiliency, trauma, and the treatment of trauma for veterans using complementary and alternative medicine. Veterans, Trauma & Treatment offers professional information on the same mind-body modalities that the military is currently exploring as a complement to traditional drug and talk therapy. It is intended for health-care professionals, psychologists, social workers, caregivers, and counselors working with veterans who suffer with post-traumatic stress disorder (PTSD) and their families.

In addition to holding workshops and conferences, Omega offers Rest & Rejuvenation Retreats from mid-April through October. Omega R&R Retreats are designed to help you de-stress and relax. Explore Omega's core teachings in classes exclusive to R&R Retreat guests, and enjoy all the campus has to offer.

All guests have the option to attend daily open classes in yoga, tai chi, meditation, and movement. Omega's Children's Program is available for children ages 4 to 12. Guests can choose from a variety of accommodations, and receive three delicious, mostly vegetarian buffet meals each day as part of the Accommodations & Meals Package.

Located just 90 miles north of New York City, Omega is open seasonally, from April through October. Guests at Omega have access to the campus library, sauna, sanctuary, lake, tennis courts, basketball court, woodland trails, beautiful gardens, free Wi-Fi Internet access in the Omega Café, and tours of the award-winning environmental education center, the Omega Center for Sustainable Living (OCSL). The Omega Wellness Center offers a wide variety of services like massage, facials, acupuncture, and life coaching to both guests staying on campus and day visitors.

Each year, Omega awards more than \$170,000 in [scholarships](#) to qualified applicants with limited finances or special needs, including scholarships for veterans of any war dealing with post-traumatic stress disorder, and for breast cancer patients and survivors.

About Omega Institute for Holistic Studies



OMEGA

PRESS RELEASE

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 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

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