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Omega Institute to Host Annual Arts Week

A Celebration of the Arts and the Creative Spirit

RHINEBECK, NY – Omega Institute today announced that it will hold its annual Arts Week celebration July 13-18, bringing together more than a dozen esteemed artists and other creative talents to teach music, dance, visual and written arts, and even trapeze.

“Creative expression and play are an essential part of staying inspired and engaged in life,” said Carla Goldstein, director of external affairs at Omega.

During Arts Week guests have the opportunity to choose from one of 10 unique workshops in the area they would like to focus on for the week. Workshops run congruently, allowing all to gather together at meal times and between workshop sessions to exchange ideas. On Thursday night, guests will gather for a showcase to share the week’s creations.

“Each year Omega’s Rhinebeck campus offers more than 325 diverse workshops, many of which provide a creative outlet,” continued Goldstein. “By dedicating a week on the campus solely to the arts, Omega is able to provide the kind of artistic immersion that can only be accomplished when individuals are pursuing their artistic vision among a community of others doing the same,” Goldstein said.

The following is a sample of the workshops being offered at Omega’s 2008 Arts Week:

- **Dancing Cello, Dancing Tao**, music and tai chi, taught by Grammy-nominated musician, David Darling, and founder of Living Tao Foundation, Chungliang Al Huang
- **The Flying Trapeze**, an adventure in self discovery, taught by Peter Gold and the staff of Trapeze Experience
- **African Dance & Drumming**, African dance, taught by choreographer Chuck Davis and drummer Papa Malick Faye

Arts Week is a wonderful opportunity for both accomplished and aspiring artists to immerse themselves in their creative endeavors. For a complete listing of Arts Week workshops 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 195 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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