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Omega's 2010 Being Yoga Conference Retreat Brings 25+ Top Teachers to the Hudson Valley

Senior Teachers Offer Classes to Preserve the Rich Tradition of Yoga

RHINEBECK, NY –Today Omega Institute, one of the nation's most trusted sources for yoga education, announced its annual [Being Yoga Conference Retreat](#) will be held on its Rhinebeck, New York campus, from August 20 through 22. The event offers an in-depth exploration of the many facets of yoga practice—from therapeutic to philosophical.

“Since 1977, Omega has been a place where people from all walks of life come for lifelong learning, inspired living, and building community,” said Carla Goldstein, director of external affairs and the Women's Institute at Omega. “During Being Yoga, beginner and experienced yoga practitioners gather in community to learn from leading teachers about the depth of this ancient tradition and the promising ways yoga can enhance their modern lifestyle,” concluded Goldstein.

In addition to physical yoga practice, the Being Yoga Conference Retreat will offer classes on a wide range of topics, including health and wellness practices such as meditation, vegetarian cooking, and dance. Guests of Being Yoga will design their own schedule, choosing from more than 50 dynamic classes, to explore what it means to “live your yoga.” In addition to choosing classes, guests can spend time in quiet contemplation, make new friends during meals and community gatherings, relax with a session at the Omega Wellness Center, and explore the outdoors.

The conference opens Friday evening August 20, at 7:30 p.m. with Being Yoga teachers Pandit Rajmani Tigunait, Gurmukh Kaur Khalsa, Gary Kraftsow, Beryl Bender Birch, Aadil Palkhivala, David Life, Sharon Gannon, and Shiva Rea sharing what yoga means to them personally, and inviting guests to set intentions for the weekend. A special Saturday evening performance by musician Wah! blends upbeat Sanskrit chants with reggae and pop influences to create a unique mix of spiritual world music, already featured on ten solo albums. The conference ends at noon on Sunday, August 22, after a final gathering led by Kelly McGonigal and Seane Corn, aimed at helping guests connect their intentions with purpose and meaningful actions upon returning home.

This year's gathering will also offer a private opportunity for conference teachers to come together post-event and discuss the proliferating field of yoga and how to preserve the richness and wisdom of yoga traditions, while also allowing yoga to evolve in current mainstream culture.

For detailed information, including teacher bios and the event schedule, or to register, please visit eOmega.org/beingyoga or call 800.944.1001.

A limited number of media passes are available. Photography restrictions may apply. To apply for a media pass, visit eOmega.org/press.

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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