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OMEGA ANNOUNCES THREE UNIQUE GATHERINGS

Specialty Weeks at Omega Offer Something for the Whole Family

RHINEBECK, NY – Omega Institute is highlighting three of its most popular summer offerings, designed to foster lifelong learning, inspired living, and creating community. While Omega’s 2010 season brings more than 350 varied programs and more than 500 diverse teachers to its Rhinebeck, New York, campus, there are three distinctly themed weeks, which create opportunities for focused learning vacations: Omega Arts Week, Omega Retreat Week, and Omega Family Week.

“By dedicating specific weeks on the campus to each of these areas, Omega is able to provide the kind of immersion that can only be accomplished when individuals are pursuing similar interests among a community of others doing the same,” said Carla Goldstein, director of external affairs and the Women’s Institute at Omega.

Omega Arts Week, July, 11–16: During Omega Arts Week, the campus comes alive with music, dance, visual and written arts, and trapeze. Accomplished and budding artists, visionaries, and creative spirits immerse themselves in their art, communing at meal times between sessions. Participants choose from more than 10 workshops spanning the arts, including Songwriting with Jimmie Dale Gilmore, Flying Trapeze with Peter Gold, Chinese & Watercolor Painting with Lian Zhen, and more. On Wednesday and Thursday evenings, participants gather to share the week’s creations.

Omega Retreat Week, July 18–23: Omega Retreat Week brings together a group of extraordinary teachers from many traditions to add breadth and depth to the spiritual path. Retreats range from inward contemplation to outward celebration, all equally sacred. Participants choose from nine workshops, such as The Heart of Buddhist Meditation with Jack Kornfield, Yoga Nidra with Yogi Amrit Desai, Singing the Gospel of Love with Rickie Byars Beckwith, and more.

Omega Family Week, August 8–13: Omega Family Week offers parents and kids a unique balance of time together and time spent apart in age appropriate workshops. Adults choose from workshops like Healthy Living From the Inside Out with Mariel Hemingway, Unleashing the Tennis Player Within with Rob Polishook, and more. Workshops for kids include: New Visions Photography Camp with Todd Shapera, Beyond Basketball with Ellen Riley & Kevin Heath, and more.

To learn more 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