

OMEGA

PRESS RELEASE

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Omega Institute Offers a Stimulus Package for the Spirit

RHINEBECK, NY – Omega Institute today announced it will return to New York City to offer six of its most popular and inspiring programs in a new series called Omega NYC. The workshops, to be lead by experts in wellness and personal growth, will be held April 3-5, 2009 at the Sheraton New York Hotel & Towers.

“We live in an increasingly complex world, where the challenges we face often push us to reevaluate our life’s purpose and our level of happiness,” Carla Goldstein, director of external affairs at Omega. “Omega NYC workshops offer people new skills, and hope as they revision and reinvent their lives during trying times. We consider this event a stimulus package for the spirit.”

Each workshop listed below meets Friday, April 3: 8 p.m. – 10 p.m., Saturday, April 4: 9 a.m. - noon and 2:30 p.m.-5 p.m., Sunday, April 5: 9 a.m. – noon. Participants have the option of choosing one program, from the following six being offered:

Loving What Is: For almost a decade, Byron Katie suffered from severe depression, until she experienced a life-changing realization in 1986. From this, she founded The Work, a simple yet powerful process of inquiry that has helped many lead a happier life.

Living Miraculously: Marianne Williamson, one of the world's most respected spiritual teachers, draws upon A Course in Miracles to demonstrate basic principles of what she calls "miracle-mindedness," a way a to transform one’s life and the lives around them.

Soul Retreat: Reconnecting to Your Divine Spirit: From a very young age, James Van Praagh was aware of a dimension that most of us cannot see, and he has dedicated his life to explaining it to the rest of us. Witness his extraordinary findings, and learn how to embrace insights from within.

Getting the Love You Want: A Path for Couples:

Guided by the cocreators of Imago Relationship Therapy, Harville Hendrix and Helen LaKelly Hunt, learn how to recapture that magical connection and strengthen it into a conscious relationship. Couples new and old, in crisis or in love, married or unmarried, are invited to join this transformative workshop.

Energy Medicine: A Hands-On Experience: Energy medicine experts, Donna Eden and David Feinstein, explain how one’s energy is a vital, living, moving force that determines much about wellbeing. Energy medicine is both a complement to medical care and a

complete system for self-care; it can address physical illness and emotional or mental disorders, and can also promote wellness and joyful living.

Mindfulness, Love & Relationship: What the Buddhists Teach: Join Sylvia Boorstein, Tulku Thondup Rinpoche, Polly Young-Eisendrath, and John Tarrant for this collaboration between Omega and *Shambhala Sun* to explore what the Buddhists teach about what is—for many of us—the most important things in our lives: Our relationships.

To register, please visit eOmega.org or call 800.944.1001. To apply for a media pass, please visit Omega's press page, 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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