

FOR IMMEDIATE RELEASE  
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## OMEGA TO OFFER SIX PROGRAMS ON SUSTAINABLE LIVING IN 2011

*A leading environmental steward in the Hudson Valley celebrates Earth Day everyday*

RHINEBECK, NY – [Omega Institute for Holistic Studies](#) today announced it will hold six programs in 2011 dedicated to fostering environmental responsibility—from green design to local food—by teaching hands-on sustainable lifestyle solutions. Omega has long been recognized as a leading environmental steward in New York’s Hudson Valley, and gained national recognition in 2010 when its water reclamation facility became the first building in America to achieve both LEED® Platinum and Living Building Challenge™ certification—the highest performance standards available in sustainable architecture.

“If there’s one lesson humanity is experiencing today, it is that the well-being of each individual is not separate from the well-being of all living things and the earth itself,” said Skip Backus, chief executive officer at Omega. “In order to move forward, people need new tools for living in harmony with the natural world, and Omega is proud to offer programs that demonstrate nature-based solutions, which are balanced, holistic and equitable,” concluded Backus.

For more than three decades, Omega has hosted dozens of programs focused on environmental sustainability, with leaders like Al Gore, Jane Goodall, Robert F. Kennedy, Jr., Maude Barlow, and many more. In 2011, Omega is offering six sustainable living programs:

- [\*\*Ecological By Design: Permaculture & Food Forestry for Your Backyard\*\*](#)  
(Dave Jacke and Kay Cafasso, \$350, June 10–12)
- [\*\*Join the Canvolution! Adventures in Preserving Local Foods\*\*](#)  
(Audra Wolfe, \$125, June 10–12)
- [\*\*Grow Food Everywhere\*\*](#)  
(Ricky Baruc and Deb Habib, \$125, June 17–19)
- [\*\*Design By Nature: Preserving Life’s Essentials—Bread, Water & Shelter\*\*](#)  
(Erin Brockovich, Majora Carter, Laurie David, Josh Fox, Frances Moore Lappé, Bob Berkebile, Robert “Skip” Backus, \$275, August 19–21)
- [\*\*The Natural Kitchen: Join a Peaceful Food Revolution\*\*](#)  
(Deborah Eden Tull, \$125, September 30–October 2)
- [\*\*Mindfulness Meditation in Nature\*\*](#)  
(Mark Coleman, \$305, October 7–9)

For complete details or to register, visit [eOmega.org](http://eOmega.org) or call 800.944.1001.

[The Omega Center for Sustainable Living \(OCSL\)](#) is a state-of-the-art water reclamation facility and environmental education center. The OCSL brings together natural water reclamation processes, clean energy, green architecture, and other sustainability elements that can be replicated locally and globally. Free public tours are offered year round, and students of all ages are welcome to visit. To find out about tours, email [JeffreyR@omega.org](mailto:JeffreyR@omega.org), or call 845.266.4444, ext. 389.

Omega's ongoing commitment to sustainability also includes recycling, composting, conservation, powering 100% of campus electricity through the purchase of wind and solar power, supporting sustainable agriculture and local business, and reducing greenhouse gases through shuttle services, ride sharing, and LiveNeutral™ options.

#### **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](http://eOmega.org)*

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