

OMEGA



2008
Annual Report

What a historic year we experienced in 2008.

We have found ourselves in a world that seems to be growing increasingly smaller—and ever more in need of creative solutions to some very serious problems.

From its inception in 1977, Omega has believed that nature, people, and the world we inhabit are an interconnected and evolving web of life.

We've long pushed the limits of conventional thinking to improve our own lives, the lives of others, and the planet we all share. We believe that the ideas and mission we have championed for so long will find more partners, more seekers, and more supporters in the years to come.

Looking back over Omega's past year, I see how far we've traveled as an organization leading the way in lifelong learning, inspired living, and creating sustainable community. In 2008, we began to see the culmination of a number of initiatives that sparked our imaginations just a few years ago. Some of the year's highlights include:

- In less than two years from the October 2007 groundbreaking, the award-winning Omega Center for Sustainable Living, a state-of-the-art education center and natural wastewater treatment facility, was slated to be one of the first Living Buildings in America poised to open and begin operating in the spring of 2009.
- We embarked on a two-year research and development project to explore how to build Omega's women's leadership programs through our Women's Institute, sponsor of Omega's annual Women & Power conference.
- Our annual Service Week—a dedicated time for nonprofit organizations to be on our campus without charge, whether for work, respite, or healing—took a development step forward by partnering with the Council of Community Services of New York State, Inc., and the Support for Nonprofit Management.
- We continued to increase our scholarship pool in our ongoing effort to help make attending our programs more affordable. In 2008, we awarded more than \$100,000 in scholarships.
- Omega increased its public outreach, resulting in many features in the media for all the good work Omega is doing in the world, as well as for the stellar teachers who offered programs with us in 2008. The *New York Times*, the *Washington Post*, *USA Today*, *Marie Claire* magazine, *Consumer Reports on Health*, *Body+Soul* online, the *Huffington Post*, and many other newspapers, magazines, websites, and television and radio programs featured Omega's campus, programs, and faculty throughout the year.

There are many more highlights noted throughout this report, and we are thrilled with all the advances we have made. And while we look back on the great strides we made in 2008, we are also looking ahead as we continue to offer support and guidance for people everywhere in their search to lead courageous, happy, fulfilling lives.

Skip Backus
Robert "Skip" Backus, CEO

Building a More Sustainable World

Throughout 2008, construction continued on the Omega Center for Sustainable Living, a state-of-the-art education center and natural wastewater treatment facility—and Omega's largest ever construction project.

"Omega Institute, a pioneering adopter of the Living Building Challenge, is helping to change the way we design, build, and operate buildings by creating the Omega Center for Sustainable Living. Through its leadership, Omega is providing us with hope and guidance for a sustainable future."

— Jason F. McLennan
Founder of the Living Building Challenge

In less than two years from the October 2007 groundbreaking, the Omega Center for Sustainable Living was well under construction and on schedule to begin operating in the spring of 2009.

A \$3.2 million capital campaign is underway to fund the creation of the Omega Center for Sustainable Living (OCSL). Omega has already received \$100,000 from the Dutchess County Industrial Development Authority, among generous donations from others. Omega is seeking \$1.7 million to complete its goal.

Spearheaded by Omega CEO Skip Backus, the project attracted increasing media attention throughout the year, and for good reason. A model of sustainable architecture, the OCSL is a pioneering project in the Living Building Challenge, a program of the Cascadia Region Green Building Council. The Living Building Challenge is attempting to push the boundaries of green building and sustainable architecture to help our society move quickly to a state of balance between natural and built environments.

The OCSL is also expected to receive LEED Platinum certification. The Leadership in Energy and Environmental Design (LEED) Green Building Rating System™ is a third-party certification program and the nationally accepted benchmark for the design, construction, and operation of high performance buildings. With indoor and outdoor classrooms and a wastewater treatment facility called the Eco Machine™, the OCSL models a new way of being in relationship to each other and our precious planet.

Both general and trade publications (print and online) featured the OCSL in their pages, including *E/The Environmental Magazine*, *Plenty* magazine, *Environmental Building News*, *Forbes.com*, and *New West* magazine. Additionally, Omega was a featured project at the Greenbuild International Conference and Expo in Boston.

Omega's Green Initiatives Continue

Throughout 2008, Omega continued offering its popular Low Carbon Diet & Cool Community. This is a free, optional class presented on our campus one evening each week during our Rhinebeck campus season (April through October). Participants learned simple, practical steps to help their households, workplaces, and communities reduce carbon dioxide emissions.

Omega completely renovated a number of its accommodations to support sustainable living. These Green Rooms, prepared for the 2009 season, offer organic mattresses, pillows, and comforters; low-flow showerheads and dual button toilets; compact fluorescent lighting; and air-conditioning and heat offset by wind-powered energy.

Our efforts at creating a sustainable world in 2008 also included the beginning of phasing out sales of bottled water in the Omega Café and offering filtered water from Omega's own wells. And Omega FoodWorks, which prepares all the meals at Omega, is making every effort to use seasonal produce to support the local area's agriculture and food purveyors.

Program 2008 Highlights

“Today, visitors seeking quiet getaways and personal enlightenment flock to the Omega Institute, America’s largest center for holistic living. This beautiful retreat in the Hudson Valley offers classes on meditation, stress management, exercise, nutrition, and play. Tree-lined paths and country lanes soothe jangled nerves, while the Omega Wellness Center provides massages and bodywork.”



—Forbes Traveler on “America’s Top Meditation Retreats”

In 2008, thousands of people turned to Omega seeking healthy ways to cope with stress and find support through their life transitions during the recent economic downturn.

Since Omega is close to home for so many people in the Northeast, the organization’s Rhinebeck, New York location provided an affordable, easy-to-reach destination where they could find much-needed support and camaraderie.

“Research has shown that we deal best with change when we feel connected to others,” said Skip Backus, CEO of Omega Institute. “Omega is renowned for providing a safe and beautiful haven where people from all walks of life gather together for insight, rejuvenation, and support. Omega offers fresh ideas and tools for living with meaning and purpose.”

As a result, the number of people who attended Omega events last year fell only slightly from our record year in 2007, indicating an ongoing interest in—and need for—the programs Omega offers.



“Research has shown that we deal best with change when we feel connected to others.”

—Skip Backus,
Chief Executive Officer, Omega Institute



John of God • Pema Chödrön • Krishna Das • Brian Weiss • Ysaye M. Barnwell

Growing interest in a broad range of programs in 2008 speaks to the unique and valuable place Omega holds in the world.

Through Omega’s new partnership with *Shambhala Sun* magazine, we offered our second annual What the Buddhists Teach series on our campus with a successful program on love and relationship featuring renowned teachers Sylvia Boorstein, Dzogchen Ponlop Rinpoche, Polly Young-Eisendrath, and John Tarrant.

Our foray into helping our nation’s veterans and their families was continued in 2008 with a retreat led by Zen master Claude AnShin Thomas called *The Costs of War, Violence & Denial*. The program focused on how to use meditation to help relieve the effects of war and was open to veterans and their families and friends.

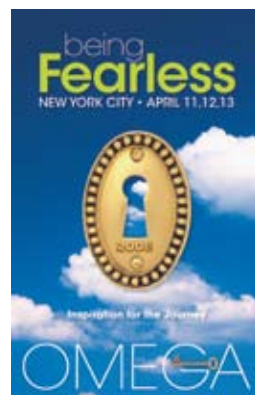
John of God (Medium João), the renowned Brazilian healer, returned to Omega in September for his second program with us, filling our campus with more than 2,500 people during his four days on campus.

Some of our returning popular teachers included Buddhist nun Pema Chödrön, past-life regression therapy expert Brian Weiss, Sufi master Llewellyn Vaughan-Lee, Kundalini Yoga teachers Gurmukh Kaur Khalsa and Gurushabd Singh Khalsa, and Sweet Honey in the Rock singer Ysaye M. Barnwell. Our annual Labor Day Weekend Ecstatic Chant program was another huge success, with presenters Krishna Das, Deva Premal & Miten, Wah!, Jai Uttal, and Sheila Chandra, among others.

We’re often surprised and delighted by some of our new programs and teachers that exceed our expectations, and this happened in 2008 with programs like Matrix Energetics offered by Richard Bartlett, *A Course in Miracles* led by Ken Wapnick, *A Weekend to Change Your Life* with Joan Anderson, and a program on Mothers and Daughters cotaught by mother-daughter team Sil and Eliza Reynolds, just to name a few.

Conferences

We hosted our annual Being Fearless conference in April in New York City with keynote speakers Mia Farrow, Anne Lamott, Robert F. Kennedy, Jr., Valerie Plame Wilson, Rev. Michael Beckwith, Zev Kedem, and Caroline Myss.



On our Rhinebeck campus, our Women & Courage conference in September sold out, drawing more than 400 people to hear speakers from around



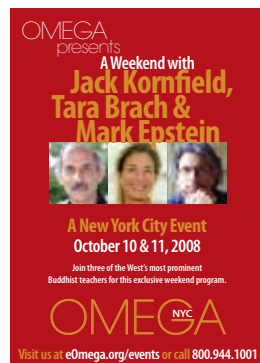
the world, including writer and human rights activist Isabel Allende and writer and survivor of Cambodia's "killing fields," Loung Ung. Renowned women's wellness expert Christiane Northrup offered a keynote as did Tara Brach, a popular mindfulness meditation teacher, and Queen Afua, whose expertise focuses on the blending of spiritual and ancestral healing with alternative medicine.

Our 2008 Being Yoga conference in October in New York City, with such stellar teachers as Seane Corn, Shiva Rea, Rod Stryker, Sharon Gannon,

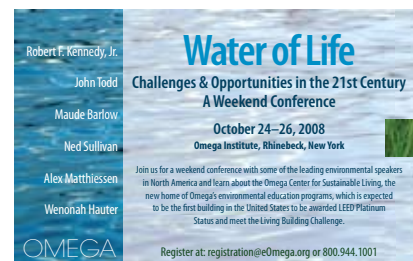


David Life, and Cyndi Lee, focused on karma yoga, or the yoga of service, to help participants integrate service into their yoga practice.

Also in New York City in October, Omega hosted Buddhist teachers Jack Kornfield, Tara Brach, and Mark Epstein as they presented a phenomenally successful weekend program to explore the ancient, life-changing power of Buddhist teachings and the latest research in contemporary Western psychology.



Our major sustainability initiative, The Water of Life conference in October, featured several renowned environmental advocates. They included Maude Barlow, who, just before the conference, was named senior advisor on water issues by the president of the 63rd Session of the United Nations General Assembly, Miguel d'Escoto Brockmann; John Todd, developer of the Eco Machine™, the heart of the Omega Center for Sustainable Living; and Robert F. Kennedy, Jr., senior attorney for the Natural Resources Defense Council and recently named one of *Time* magazine's "Heroes for the Planet."



The *Oprah Winfrey Show* featured Omega cofounder Elizabeth Lesser speaking about the similarities and differences between religion and spirituality, during an episode on Eckhart Tolle's webinar and book, *A New Earth*. Earlier in 2008, "Oprah Radio Soul Series" featured Lesser being interviewed by Oprah Winfrey, focusing on several questions about Omega's history and current programs.



Other Words from the Wise

In 2008, many other distinguished teachers offered their wisdom from a variety of traditions, subjects, and practices, including:

- Nancy Slonim Aronie
- Gregg Braden
- Sonia Choquette
- Donna Eden
- Guy Finley
- Lilias Folan
- Debbie Ford
- Jimmie Dale Gilmore
- Pumla Gobodo-Madikizela
- Alex & Allyson Grey
- Harville Hendrix
- John Holland
- Mark Hyman
- Jonathan Kozol
- Ervin Laszlo
- Dan Millman
- Sharon Olds
- Marge Piercy
- Daniel Pinchbeck
- Gary Renard
- James Redfield
- Tsoknyi Rinpoche
- Larry Rosenberg
- Gabrielle Roth
- Peter Senge
- C. Norman Shealy
- Russell Targ
- John Todd
- James Van Praagh
- Iyanla Vanzant
- John Welwood
- Rodney Yee
- Colleen Saidman-Yee
- Gary Zukav

Professional Trainings

Omega continued to offer a wide variety of professional trainings in 2008 to help people grow their career, practice, or vocation. Our professional trainings are distinguished by taking a holistic approach to life and learning. They explore the link between personal and cultural transformation while offering people ways to make the world healthier and more humane.

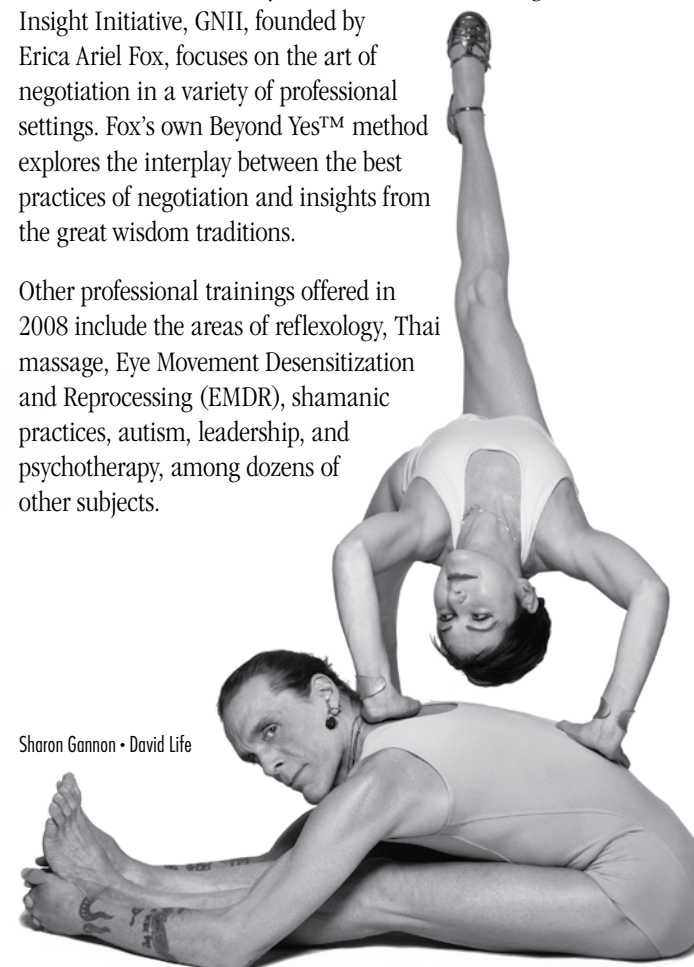
Our Mindfulness-Based Stress Reduction in Mind-Body Medicine program led each year by Jon Kabat-Zinn and Saki F. Santorelli, was sold out again as an increasing number of health-care professionals want to learn how to use mindfulness meditation techniques to help alleviate the stress in their own lives as well as the lives of others. We also offered a mindfulness training on the prevention of depression relapse with Zindel Segal and Susan Woods.

Sharon Gannon and David Life returned to our campus to offer their exclusive North American month-long Jivamukti Yoga™ Teacher Training.

We also offered an inaugural Global Negotiation Insight Initiative (GNII). Formerly hosted at the Harvard Negotiation Insight Initiative, GNII, founded by Erica Ariel Fox, focuses on the art of negotiation in a variety of professional settings. Fox's own Beyond Yes™ method explores the interplay between the best practices of negotiation and insights from the great wisdom traditions.

Other professional trainings offered in 2008 include the areas of reflexology, Thai massage, Eye Movement Desensitization and Reprocessing (EMDR), shamanic practices, autism, leadership, and psychotherapy, among dozens of other subjects.

Sharon Gannon • David Life





The eOmega Community Ramps Up 2008



Building a robust eOmega community was high on Omega's agenda in 2008. "It was important that Omega implement an integrated online strategy encompassing a number of initiatives," said Omega marketing director, Michael Lupetin. Omega has indeed made great strides in developing and growing its online presence:

- A fully redesigned website that received more than 1.1 million visitors in 2008—a record number, marking a 20% increase over 2007 and a 60% increase over 2006
- An all-new monthly eOmega newsletter with informative and personal articles, horoscopes, a recipe from the Omega kitchen, and 5 digital downloads featuring excerpts of talks from some of the best and most renowned teachers who have come to Omega
- Targeted eblasts with exclusive discounts, early invitations, and special offers
- An eOmega newsletter subscriber list that grew by 13% in 2008 to a total of 103,000
- The implementation of search engine marketing, which drew 9% of the total number of visitors to the Omega website from online Google searches
- User-friendly 3-step online registration process, which resulted in nearly one third of all the people who registered for an Omega program—the most ever

"The interdepartmental effort by our dedicated staff has made all the web initiatives a huge success," said Laurie Zollo, Omega web initiatives manager. "It is wonderful to work with a group of people who put their heart and soul into their work."

eOmega.org/community

"With the eOmega community, we developed an end-user friendly, fully-branded online environment to house all of our existing initiatives while allowing for future growth and development."

—Michael Lupetin,
Marketing Director, Omega Institute

omega Teen Camp

Omega Teen Camp has seen remarkable growth since its inception in 2002. During that first year, our teen camp had 60 campers. In 2008, there were 320.

"We tapped into something special," said Omega Teen Camp director Adam Simon. "We get a tremendous amount of teens who have never been away from home and we make them feel welcome right away. I think we are good at helping teens make connections. If you feel you don't have a friend in the world, you can come to our camp and within a day you will have three or four close bonds. We have a very welcoming, fun, and nonjudgmental kind of community among the staff, and the teens learn from that example. And we do something different from other camps—offering yoga, meditation, sweat lodges, and all sorts of things that you won't find anywhere else."

Omega Teen Camp, located on 450 acres in Holmes, New York, offers more than 75 dynamic experiences designed to help teenagers (ages 13-17) strengthen self-esteem, develop lasting friendships, and gain tools to successfully navigate the increasingly complex process of coming of age.

"A Great Place to be Exactly
Who You Are!"

OmegaTeenCamp.org



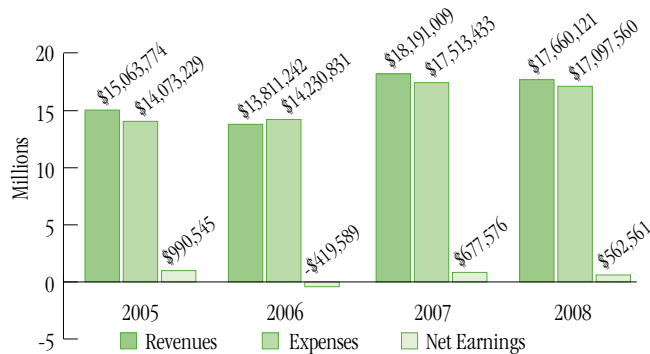
Balance Sheet

Assets	2008 Totals	2007 Totals
Current Assets		
Cash and Cash Equivalents	\$245,038	\$633,494
Marketable Securities	\$558	\$238
Loans Receivable	\$5,909	\$7,148
Donations Receivable	\$350,000	\$0
Accounts Receivable	\$1,512	\$9,772
Inventories	\$298,018	\$291,274
Prepaid Expenses	\$71,134	\$92,214
Investment in Art	\$7,296	\$7,296
Deferred Program Costs	\$478,434	\$785,097
Total Current Assets	\$1,457,899	\$1,826,533
Property and Equipment		
Land	\$1,145,328	\$1,142,600
Buildings and Improvements	\$16,758,135	\$14,417,632
Administrative Equipment	\$1,586,433	\$1,078,573
Cafe, Camp, Store, Library Equipment and Books	\$1,809,686	\$1,651,078
Website Development	\$0	\$218,542
Campus Master Plan	\$0	\$0
Accumulated Depreciation	-\$6,063,329	-\$5,509,003
Total Property and Equipment	15,236,253	12,999,422
Total Assets	\$16,694,152	\$14,825,955
Liabilities and Unrestricted Net Assets		
Current Liabilities		
Line of Credit - Note Payable	\$1,000,000	\$0
Accounts Payable	\$162,750	\$144,190
Taxes Payable	\$2,076	\$659
Deferred Program Revenue	\$1,420,658	\$1,077,250
Program Credits Outstanding	\$261,159	\$318,908
Total Current Liabilities	\$2,846,643	\$1,541,007
Non-Current Liabilities		
Note Payable	\$0	\$0
Total Liabilities	\$2,846,643	\$1,541,007
Net Assets		
Unrestricted	\$13,585,226	\$12,987,071
Restricted	\$262,283	\$297,877
Total Net Assets	13,847,509	13,284,948
Total Liabilities and Net Assets	\$16,694,152	\$14,825,955

Statement of Cash Flows

Cash Flows Provided by Operating Activities			
	2008 Totals	2007 Totals	
Net Increase from Activities	\$562,561	\$677,576	
Adjustments to reconcile Net Increase from activities net cash provided by operating activities:			
Depreciation	\$577,536	\$584,969	
Changes In:			
Inventories	-\$6,744	-\$39,379	
Accounts Receivable	\$8,260	\$13,925	
Donations Receivable	-\$350,000	\$0	
Prepaid Expenses	\$21,080	-\$40,734	
Deferred Programs	\$306,663	\$59,373	
Notes Receivable			
Accounts Payable	\$18,560	\$124,994	
Deferred program revenue	\$343,408	-\$390,996	
Taxes payable	\$1,417	-\$999	
Program Credits	-\$57,749	\$21,029	
Net Cash Provided by Operating Activities	\$1,424,992	\$1,009,758	
Cash Flows From Investing Activities			
Investments in Marketing Securities	-\$320	\$0	
Note Payable		\$1,000,000	
Land, Building, Improvement and Equipment Purchases Net	-\$2,814,366	-\$936,920	
Loans Receivable	\$1,239	\$2,069	
	-\$1,813,447	-\$934,851	
Net Decrease in Cash	-\$388,455	\$74,907	
Summary			
Cash Balance at End of Period	\$245,038	\$633,493	
Cash Balance at Beginning of Period	\$633,493	\$558,586	
Net Increase/(Decrease) in Cash	-\$388,455	\$74,907	

Memo: Interest paid on debt for the year ended December 31, 2004 totalled \$22,513



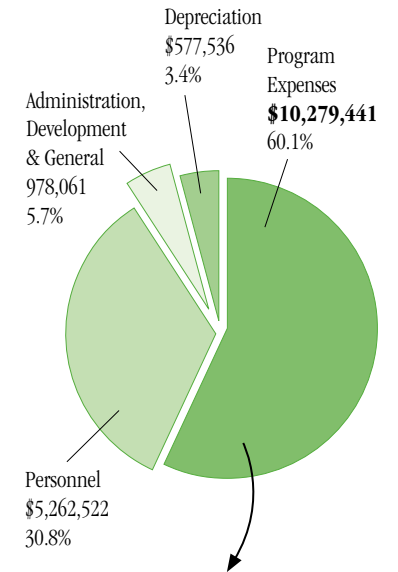
Comparative Revenues, Expenses, and Net Earnings

Income Statement

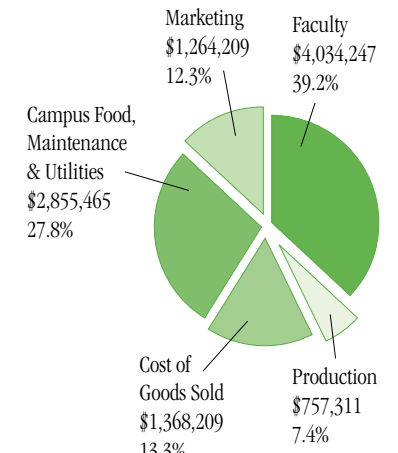
	Unrestricted	Restricted	2008 Totals	2007 Totals
Revenues				
Program Revenues				
Programs and Housing	\$12,788,513		\$12,788,513	\$13,909,789
Meals Revenue	\$34,181		\$34,181	\$32,600
Transportation Revenue	\$31,473		\$31,473	\$28,681
Exhibit Revenue	\$56,150		\$56,150	\$84,300
Facility Rental Revenue	\$428,294		\$428,294	\$295,575
Miscellaneous Revenue	\$713,877		\$713,877	\$511,957
Bookstore Revenue	\$1,320,418		\$1,320,418	\$1,478,055
Cafe Revenue	\$279,643		\$279,643	\$259,910
Wellness Center Revenue	\$597,256		\$597,256	\$514,264
Other Sales	\$4,876		\$4,876	\$0
Total Program Income	\$16,254,681		\$16,254,681	\$17,115,131
Donations Revenue				
Donations - Unrestricted	\$24,585		\$24,585	\$74,642
Women & Power Donations		\$2,360	\$2,360	\$252,241
Women's Institute Funding		\$391,085	\$391,085	\$201,356
Capital Campaign		\$633,307	\$633,307	\$218,466
Scholarship Fund Donations		\$193,561	\$193,561	\$100,359
Ram Dass Library Fund Donations		\$1,320	\$1,320	\$1,885
Other Restricted Donations		\$3,190	\$3,190	\$20,000
Total Donations	\$24,585	\$1,224,823	\$1,249,408	\$868,949
Investment Activity				
Revenues-Investment Income	\$36,373		\$36,373	\$97,426
Miscellaneous Activity				
Miscellaneous Income	\$119,659		\$119,659	\$109,503
Net Assets Released from Restrictions	\$1,260,417	-\$1,260,417	\$0	\$0
Total Revenues and Other Support	\$17,695,715	-\$35,594	\$17,660,121	\$18,191,009
Expenditures				
Program Expenditures				
Program Faculty	\$4,034,247		\$4,034,247	\$4,685,246
Program Production	\$757,311		\$757,311	\$971,481
Marketing	\$1,264,209		\$1,264,209	\$1,367,075
Kitchen Expenses	\$1,138,469		\$1,138,469	\$1,076,913
Campus Expenses	\$1,716,996		\$1,716,996	\$1,617,985
Bookstore Cost of Sales	\$813,801		\$813,801	\$895,075
Library Purchases	\$0		\$0	\$48
Media Production Costs	\$13,113		\$13,113	\$43,937
Cafe Cost of Sales	\$181,509		\$181,509	\$153,896
Wellness Center	\$359,786		\$359,786	\$278,454
Total Program Expenditures	\$10,279,441		\$10,279,441	\$11,090,110
Administrative Expenditures				
Personnel	\$5,262,522		\$5,262,522	\$5,062,167
Administrative	\$613,487		\$613,487	\$463,462
Development	\$83,145		\$83,145	\$102,198
General	\$281,429		\$281,429	\$210,527
Depreciation	\$577,536		\$577,536	\$584,969
Total Administrative Expenditures	\$6,818,119		\$6,818,119	\$6,423,323
Total Expenditures	\$17,097,560		\$17,097,560	17,513,433
Change in Net Assets	\$598,155	-\$35,594	\$562,561	\$677,576
Net Assets Beginning of Year	\$12,987,071	\$297,877	\$13,284,948	\$12,607,372
Net Assets End of Year	\$13,585,226	\$262,283	\$13,847,509	\$13,284,948

2008 Overall Expenses

Total Expenditures: \$17,097,560



Program Expenses: \$10,279,441



Omega Institute for Holistic Studies, Inc. is qualified as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible, as allowed by the law.

The Statement of Financial Position and Activities is summarized here. A complete copy of the last annual report filed with the New York State Office of the Attorney General may be obtained upon request by writing to the:

New York State Office of the Attorney General
Charities Bureau
120 Broadway
New York, NY 10271

Every contribution to Omega supports our mission. We are deeply grateful to all of our members. It is through your support that Omega has created and enhanced its scholarship efforts and developed facilities on campus for intellectual inquiry, meditation, and prayer. Participants in the Omega Circle further strengthen Omega's deepest commitments to inspired living, lifelong learning and sustainable community for all.

On these pages Omega has the opportunity to say "thank-you" for your generosity, your caring, and your commitment. It is our pleasure to recognize contributors of \$35 or more received between January 1, 2008, and December 31, 2008.

Grateful Acknowledgement to Our Sponsors

Numi Tea \$20,975	Jai Dye \$3,625
Natural Awakenings \$20,000	BePresent \$3,625
Eons \$13,975	The Chopra Center \$3,500
Acacia \$10,000	Pure Yoga \$2,700
Bio Mat \$5,400	Ascent Magazine \$2,500
Yoga Alliance \$5,000	Saka \$2,500
Nike Woman \$5,000	RAWvolution \$2,500
Jade Yoga \$5,000	FUSE \$2,500
I Love Yoga \$5,000	Beliefnet \$2,500
Shambhala Sun Foundation \$5,000	Organic Spa Magazine \$2,500
Honest Tea \$4,320	Fit Yoga Magazine \$2,500

Omega Circle

Visionary \$5,000 plus

Frederick & Greta Smiley Charitable Foundation, Inc./ Henry C. & Phyllis Beinstein
Jacalyn E. S. Bennett The Dietrich Foundation, Inc./ Daniel Dietrich Dutchess County Industrial Development Agency
Patty Goodwin
Roy A. Hunt Foundation/
Terry Hunt
Tom F. & Betsy W. Kearns
Gary & Marian Krauthamer
Renee Martin-Nagle
J.M. McDonald Foundation Inc.
Motz Wealth Management
Alex G. Nason Foundation, Inc./ Alex G. Nason
Jennifer T. Naylor
Ellie Nissen
NOK Foundation
David & Candy Orlinksky
Sarah Peter
Satya Foundation Inc./ Satya
Loyaltex Apparel USA Inc./Robert Shamis & Nurit Spector-Shamis
Anonymous (3)

Benefactor \$2,500 – \$4,999

Katherine B. Arthaud
Melissa Elstein & Eric Katzman
Federico Gallegos
Shari Greenleaf & Ted Seides
Marshall & Sterling Inc.
Patrick McDonnell & Karen O'Connell
New York State Energy Research and Development Authority

Patron \$1,000 – \$2,499

Barbara Aaron & Jeff Nese
Susan P. Anderson
Linda Archinaco
Mark Aronchick
Skip Backus
Charon Campbell
Joan S. Blaine
Shelby Broughton & Nada Conway
Angelina & Steven Brown
ABC Foundation/
John T. Compton & Keely Henderson
Richard & Kathy Conroy
Shannon Elhart
Ruth Eng
William LeBoeuf, MD, & Sarah Fernsler MD
Eileen Fisher
Anthony Garrett
Thomas C. Hartman
Maryanne Harvey
Connie & Barry Hershey
Charlton Hughes
George W. and Helen Kaufman
Meg Kilgore
Sheryl R. Lamb
David Latendresse
Elizabeth Lesser
Link Foundation of the Jewish Communal Fund/Walter Link

Karen S. McVoy
Biff K. and Amy Mithoefer
Promindful, Inc./ Alex G. Nason
Hilda M. Porro
JJR Foundation of the Jewish Communal Fund/Julia Ruch
Altman-Stiller Foundation/Robert & Christine Stiller
Travers O'Keefe Albany, LLC
Hartley and Benson Webster
Westchester Hudson Coat Apron Towel and Linen Supply Co. Inc
Anonymous (4)

Partner \$500 – \$999

Stacia Abel
Sumi Hahn & Mike Almquist
Connie P. Cohen
Barbara & Cliff Downey in memory of Seger D. Downey
Amy & Ken Ferris
Elizabeth Hosp in honor of Michael and Rickie Beckwith
Carla M. Goldstein
Halina, Veronica & Kristina Wolak in memory of Val Wolak
Robert Hunter
Pamela Winters Smith
Andrea Billhardt
Elizabeth M. Fleck
Kaia James in memory of Mary Z. James
Jack Lehnert
Margaret T. Smith-Burke in honor of George Kaufman
Susan C. Baechle
Sherry & Stewart Kahn
Joel and Melanie Levitan

Walter C. Mickleburgh
Stephan Rechtschaffen
Richard Travers
Cassa Von Kundra
Carol Williams
Susan Wisherd
I Love Yoga
Anonymous (5)

Supporter \$250 – \$499

William & Phadia Cindy Adams
Azeza Ali
Ms. Marietta Amit
Raymond Atkinson
Eleanor Grigg Baird & Lewis Daniel Baird
Betty A. Barton
Wendy Gabel & R. Bruce Baum in memory of Marge Gabel
Kimberely L. Berlin
Michael N. Burlant
Kristina Cameron
Elizabeth Cherbonneaux
Brett Cobb
Gloria A. Cuomo
Sandra E. Davis
Fran DeAngelis
Sandy H. Dempsey
David Derose
Vicki L. Fox
Jeffrey & Sheila Frank
Alessandro Giangola
Mary Greer
Edith Haverlock
Health Communications, Inc./Jack Canfield, Mark Victor Hansen, Dorothy Firman, Julie Firman, Frances Firman Salorio
Michael J. Hirschhorn & Jimena P. Martinez
Marilyn Huff & Rich Cairncross

Jamila Janco
PRS & Associates/
Robin L. Johnson
Bill F. Karl in memory of Frank & Natalie Karl
Lisa Kauffman
Elaine & Hank Koelmel
Ina Sherman Lane
Paula Lightkap
Richard L. London
The John C. Hover Foundation, Inc./ Margo H. Lundell
Debb Maccabee
Phil & Susan Malloy
Laura J. McWilliams
Heather Mickley
Irene Naorlevich
Therry Neilsen-Steinhardt
Wally Neilsen-Steinhardt
Kristin & Enrique Dura
John M. Percival
Rachel Pollack
Stephany Porter
David R. Pryor & Marlene Miller
Linda & Gregg Reight
Ellen Reinstatler
Theresa & David Rooney
Guy Ross
Rural Ulster Preservation Company
Hap Seiders
Paula M. Singer
Lois Slade
Martha Subber
Felicitas S. Thorne
Debra Vias
Daphne T. Whitman
Rena Zaid
Anonymous (1)

Associate \$125 – \$249

Robin Abrett & Berny Baron
Hannah Belsler
Monica Biondi
Breast Cancer Options, Inc.
Roberta & Michael Brenner
Janice Brimacombe & Mountain Mamas
Joyce Brown
Anne Burling
Don & Ghazal Campbell
Dan Carroll
Alexandra M. Christie
Helen M. Churko
Michael L. Collins
Lee H. & Nancy M. Corbin
Jane Crafter & Sandra Herr
Pat Denardo
Vernon & Mary Joyce Dixon
Linda Donaldson
Karen Dorfman
Stacey Dougan & Marvin Pastel
Tracy Duffy & Patrick O'Donnell
Glenn Dulko
Steven A. Ember
Helga Feder
Deborah S. Freedman
Dr. Rita Jackaway
Freedman
Virginia Gajar & Mountain Mamas
Suzanne George
John & Carlotta Girouard
Anonymous: In memory of Maureen Burton
Carol Greenberg
Barbara Grossbaum
Sondra Gunn & Mountain Mamas
Amy S. Hart
Trish Heidenreich
Dorothy Hurford

Linda Iervolino
Frank E. Jones
Felicia D. Jones
Laurie H. Jones & Mountain Mamas
David A. Kandel
Elizabeth W. Kearns
Gary & Sandy Kiernan
Judith E. Klein
Lee Kravitz
Cheryl Kurash & Jonathan Schual
Lynda Leavitt
Laura A. Lesniewski
Vera & Bob Lindabury
Brian Lombard & Denise Williams
Laura J. Lutterbie in memory of Rev. Edward J. McNicholas
Rose M. & Wesley Mancuso
Beverley Boyer Martin & Stan Martin
Sue Matherly
Kathryn Maynard & Mountain Mamas
Jayne B. and Jess McDonald in Memory of Dee Terry
Jane A. & Rory McNeil
Yvette & Fayek Nakhla
Deby & Rich Nead
Laurie E. Newell
Raymon P. Oberly
Adriana & Steven Pavletic
Molly Peter
Maria Petrillo
David A. Pierce
Dianne Polseno
Robin Rajs
Eric Rosenberg
Laurie & David Rosenberg in memory of Alan & Naomi Scherr
Ronald J. & Nancy D. Rubbico
Timothy & Khaleda Sallade
Carlin W. Scherer
Alyona Schluraff
Suzanne Seltzer
Linda B. Selwood
Cheryl L. Shacklett
Lester S. Silver
Jeri Slater
Paige Smith
Jay & Linda Sussman
Marianne & Randy Sutin
Mrs. Juliette & Kurt C. Swartz
Beth Torpey
Lana M. Torres
Pamela Azarelo
Suzanne Van Appledorn & Mountain Mamas
Mayra Velazquez
Debe Vicharelli
Kevin Wadalavage
Jenny Warburg
Jessica & James Wares
C. Washington
Moni & John Wesner
Karen & Jay Williams
Sarah Winans Neuman & Mountain Mamas
Savvy Structures, Inc/ Lisa & Chuck Wipplinger
Kathleen Wisdom
Joan Wolf & Mountain Mamas
David B. Green & Myrth York
Connie Zack
Anonymous (6)

Friends of Omega

Member \$75 – \$124

Karen & Michael Achenbach
Carol Adams
Maria Adelizzi
Robert Altman
Caridad Alvarez-Figureoa
Janice Ammons
Cynthia Andersen
Victoria Anderson
Katherine Anderson & John Rehorn
Carolynn F. Anklam
John Arcidiacono, MD
Andrew Arthur

Allegra	Gabriele Dietrich	Jill D. Griffin	Ty Klock	Pam Normandeau
Asplundh-Smith	Kay Dinehart	Susan Grover	Cynthia Knapp Dlugosz	Kim & Raphael Notin
Siana N. Attwell	Dorothy L. Distel	Diane Gruver	Andre Knights	Ann O'Flanagan
Rebecca	Anna Doroshaw	Dorsey W. Gude	Stephen Knowlton	Michael O'Hara &
Austill-Clausen	Nancy Dotlo	Karen Guenette &	William Koch	Ruth Tamaroff
Jeffrey D. Ball	Vicki Douglas	James Gann	Jeanne Koenigsreuter	Scott A. Oncken
Kathleen Barnes	Mark Dresser	Dr. Paul Gunser	Mim Kohn	Celia R. Padnos
Allan Bazzoli	Anette Dykema	Chris Guzik	Judith A. & Isaac Koziol	Cathy Parente
Deborah Becker &	Marilyn Eanet	Christel Haesicke	Patricia & Samuel	Susan Parker
Al Feit	Beth Edelson	Billie J. Hall	Lacina	Jennifer M. Pasternack
Halle E. Becker	Margaret Egger	Jim Hall	Carolyn Lackey	Donald Paulus
Leslie Beil	Peggy Eisenhauer	Barbara S. Hancock	John Lane	James Phillips
Marian Berelowitz	Diana Eloeva	Lisa Hansen	Els Langeslag	Kathleen & Steve
Martin Berger	Denisa Entin	Julia K. Haramis	Clinton B. Lee	Piccione
Marcia S. Bernstein	Nathan Duane	Yelena Harman	Benita Lehmann	Cindy Piccoli
Adrienne Blenderman	Enzmingner	Tim Hawk	Lorren Lillis	Liza and Rob Picoli
Bourgeois/Weichun	Tom & Phyllis Etzel	Nick Heavican	Sam Login	Rodney Plimpton
Betsy Brach	Linda Fazio &	Patricia Hecht	Deana P. & Christopher	Lyn Plumb
Sarah Brassard	Karen Semon	Donald Heineberg	LoGiudice	Kenneth Porter
Catherine Brennan	Linda C. Fedele	Marjorie R. Heyman	Richard Lovejoy	Glenn & Barbara
Michael S. Broder, Ph.D	Clare Fey	Patricia G. Higgins	Jessica Lu	Porterfield
Elizabeth Brooks	Susan J. Fields	Barbara Hines &	Catherine Lynch	Robyn G. Rajs
Jill E. Brown	Lesley N. Fishelman	Tom Rosensweet	Jeffrey Lynch	Ronyah Ray
Laura & Patrick	John J. Fitzpatrick	Stephanie G.	James C. Macmillan	Linda Reeder
Cameron	A Friend	Hirschmann	Bonnie J.	Gloria Reynolds
Kim Campbell	Vaughn Folkert	Michael Hoeffner	Macwhinney-Cramer	Nicole Robichaud
Jennifer Caputo	David Francis &	John C. Holden	Quynh Mai	Amy Rose
Richard Carlton	Joanna Infeld	Joanne Holland	Karen Malkin	Ellen Rosenkrantz
Christine Carre	Mary Fraser	Natalie A. Holst	Alexandra Marks	Monica Roslow
Joanne Chan	Mary Freeman	Katherine Hrabsky	Massimo Marolo	Susan Rubin
John Chin	in honor of	Rita Hubert	Edward G. Martoglio	Rogelio Ruiz
Valerie Chisholm	George Kaufman	Don Hudson	Diana Matson	Gary Ruppert
Peggy Chung	Laurie Friedli	Arlene V. Huff	Linda L. & John F.	Janice Rusillo
Walter J. Ciecko Jr. Ph.D	Leone Gagliardi	Catherine L. Hughes	Matthews	Linda Russo
Jeff Clausen & Rebecca	Peggy Gaines	in memory of	Erin McCandless	Fanny & Ronald H.
Austill-Clausen	Leigh Powell Galanis	Seeger D. Downey	Diane-Ellen McCarron	Sacks
Carole D. Colca	Lisa Galea	Jason Humberstone	Lyn McFarland	Khalid Salaheldin
in memory of	Norman Galinsky	Lisa D. Hunt	Craig McLaughlin	Gilda L. Sall
Marge Gabel	Walter Galloway	Sherry J. Hurwitz	Donna McManus	Jill Samo,
Michael Collins	Mary G. Gardner	Inge Hyder	Diana L. McPeak	Craig Lipman,
Combs & Company/	Debra Gill	Nancy Jacobs	Pam J. Meredith	Chelsea & Brielle
Dierdre Combs	Angelo P. & Karen L.	Monika M. Jaeckle	Corinne I. Miller	Samo-Lipman
Donna Coombs	Giordano	Peggy Janes	Linda Mills	James Sanger
Allison J. Boyd	Keith Godlewski	Mark Jofe	Gary Millspaugh	Ana A. Sanjuan
Larry Crenshaw	Liz Godwin	Sandra Johnson	Francina Minors	Pamela Sankar
Ruth Crump	Joanne Gogarty	Vicki Johnson	Debbie Moran in honor	Albert Schaeffer
Tony Currera	Joan M. Golan	Jean Josepho	of Sister Alice Martin	Anna Schantz
Timothy Daniel &	Michael S. Goldstein	Vera Kaplan	& Fatty	David Schlecker
Gabrielle Halko	Sharon Good	Susan & Peter Katz	Nancy C. & Hugh	Marie D. Schleinkofer
Barbara P. Danner	Barbara Goodbody	Eileen M. Kenney	Murray	Rosemary Schultz
Hillary Davidson	Suzu Goodelman	Lee S. Kimball	Cris Murray	Jed Schwartz
Dona Davis	Shelley Goodgold	Midge & Rick Kinder	Robert E. Murtagh	David M. Schwartz
Elaine Daw	Karen S. Goodheart	Pat Kirkpatrick	Gina Nee	Peter Segsworth
Caroline Dickson	Valerie Greene	Shari Kirsh	Tom Nelson	Nancy Sell Byron

Valerie J. Shaff
Arje Shaw
Anna Shields
Raquel Shively
Arthur Silverman &
Aurora Ocampo
Marsha & Jeffrey
Silverstein
Denise Simone
Marilyn Skiles
Jennifer Sloper
Brent J. Smerak
In Memory of
Adair A. Smith
Susan St. Peter
Janet Stampfl
Bibi Stein
Marta Stemberger
Michael A. Stoller
Bruce K. Storms
Susan Strassburger
Amy Swisher
Carol Tokar
James F. Tomeo
Laurel Tompkins
Gayle Toonkel
Alejandra Torres
Cynthia Travers
Barbara B. Van Horn
Karen Velardi
Karen Virginia
Connie Kerr Vogt
Gerda Von Der Oelsnitz
Khaitsa Wasiyo
Virginia Waters
Larry & Elisabeth Weiss
Steven Wemple
Sandi Wheaton
A.J. Wice
P.E. & Bob Wilson
Shaila Penelope Wood
Leslye Wood
Anne Woods
Jan Zegarac
Susanna Zilber
Anonymous (9)

Contributor \$35 – \$74

Dr. & Mrs.
Robert Abel, Jr.
Bruce Alleborn
Teresa Alpert
Oynisa Aminova
Jim Angeramea
Ingrid Armstrong
Katherine A. Augustine
Nancy Bader
John & Barbara Barber
Simply Be Well
Dennis Beadle
Casandra
Beam Meehan
James Beeks
Nancy L. Benansky
Laura Berland
Marianne Boncore
Consuelo Bonfil
Marietta Bratton
in memory of
Marge Gabel
R & B Brock
Gail Bryne
Elmyre Bunkley
Erica Cantley
Martina Caviezel
Frances A. Childre
Michele Cooper
Nancy Crace
Julie Cunningham
Simeon Darwick
Ruth Ann DeSantis
Cynthia
Bergstrom Devlin &
Edward Devlin
Diana Dial
Stacy Dilieto
Florence Dupont
Iris Edmonds
Cathy J. Eising
Judi Ekholm
Enetploy Inc./Mary
Ellen Evans
June Fait &
Herbert Coles
Ruth Ann & Paul Farley
Dawn & Lawrence
Freedman
Sharon L. Freeman
Lynn M. Gelman
Bonnie Gilliams
Michele C. Glenn

Virginia M. Goin
Diane Gottlieb
Carolyn Gray
Kathy Gredd
Frances S. Grodzinsky
Helen Hamada
Janice & Peter Hanson
Joyce Havard
Priscilla Hernandez
Judy Hurlbut
Ellen Hutcheson
Marilee Ives & Art Wolfe
Sandra L. Jacobson
Anne C. Kane &
Jim Kelly
Lavina Kellenberger
Dotty Kendig
Carol A. Keydash
Rich Kramer
Carole & Alan Kuritzky
in memory of
Nina L. Adler
Jim Lahey &
Linda Lahey-Fay
Gregory Leach
Joan Lehman
Barbara Lindsey
Amy J. Ludwigen
in Honor of
Robert Ludwigen
Rose Mandala
Brigitte Mars
Courtney Martin
Mary & Earl McCurdy
Kathleen McKeown
Lynne K. McLewin
J Gerard G. McMahan
Kevin McNally
Ronald Meyer
Marcia Miller
Joseph S. Mitchell III
Thomas W. Monteith
Tori Morandi
Violet Murphy
Carol Napier
Clara McCabe Nolan
Lee Pagni
Ludmila Peterson
Charles Phillips
Phyllis Wendt Pierce
Penelope Poor
Joy Principle
Lenore Rabin-Koster &
Arnold Koster
Beth Reilly
Ysabel V. Reyes &
Mario I. Martinez

Matching Gifts

Benjamin Moore & Co.
Chevron Humankind/
Chevron Corporation
First Data Corporation
The Freddie Mac
Foundation
Pfizer Foundation

Omega Legacy Society

Cindy & Hugh
Beckman
Sherry Berman
Susan Rubin Block &
Donald Block
Bill F. Karl &
Diane M. Harris
Elaine & Hank Koelmel
R. Kimball Leiser &
Judy Marsh
Walter Mickleburgh
Betty Anne Schwane

“Omega is like a feeling,
a possibility of how the whole
world could be someday, living
in peace, love, and harmony.
It is truly like a dream
to be there.”

—Gurmukh Kaur Khalsa,
Kundalini Yoga teacher

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.

"Traveler investigated hundreds of wellness destinations worldwide. . . .

We looked for spas that reflect the local culture, offer authentic treatments, and are set in attractive destinations. . . .

Dubbed the Northeast's 'spiritual summer camp for adults,' this holistic retreat set on a 195-acre (79-hectare) campus in the scenic Hudson Valley is a world away from nearby New York City."



—National Geographic Traveler
"50 Top Wellness Destinations."



2008 Board of Directors

Stephan Rechtschaffen, MD*

Board Chairperson,
Omega Cofounder,
Entrepreneur

Elizabeth Lesser*

Omega Cofounder,
Senior Advisor,
Writer

Gary Krauthamer**

President,
Krauthamer & Associates

Nigol O. Koulajian

Founder,
NOK Foundation

Sheryl Lamb

Organic and
Sustainability Advocate

Walter Link

Chairperson of
The Global Academy and
Co-chairperson of
Global Leadership
Network

David Orlinsky*

Private Investor

*Retired in 2008 and currently serves
as an ex officio member of the Board

**At the December 2008 meeting
Mr. Krauthamer was elected Board Chairman

"During my stay, I met a
VIP on the New York state political scene,
a grieving widow from Maine,
an art teacher from an exclusive
Manhattan girls' school,
an actor from California, and
the conductor of a
fairly renowned orchestra—
each there for a different workshop."

Philadelphia

—Philadelphia magazine
"Trips that Will Change Your Life"

OMEGA

Omega Institute for Holistic Studies, Inc.

150 Lake Drive

Rhinebeck, New York 12572

845.266.4444

eOmega.org

©2009 Omega Institute

Omega Institute is a 501(c)(3) nonprofit organization

Please share this report with others.

