



It happens  
every 17  
years.

The cicadas emerge from their underground burrows, grow their wings, and reach maturity. They “sing” their mating songs, lay their eggs, and then they are gone.



Robert "Skip" Backus

Like the cicadas, this year Omega also took stock of our physical space, expanded our presence in the world, made our voices heard, and got a lot of people talking.

Through educational programs—at our Rhinebeck campus, online, and around the world—we helped thousands of individuals find deeper connections with themselves, their communities, and our planet.

It was wonderful to have so many of our teachers return throughout the year, and to work with a number of new faculty who added depth and diversity to our program offerings.

For me, a true highlight of the year was the chance to host President Bill Clinton and other key environmental leaders during Omega's annual sustainability conference. They spoke directly to the questions posed by climate change and other pressing challenges, and helped inspire those of us grappling with what our next steps should be.

We also continued to explore the nature and practice of leadership in our first Women's Leadership Intensive. The filled-to-capacity workshop sparked meaningful dialogues about how to bring change and greater consciousness into the world.

As relationships between Omega and our participants strengthened, so did connections to the local community and to other organizations—throughout the region and across the nation. A healing retreat for military women and women veterans was made possible by a generous grant from the Bob Woodruff Foundation. Funding that we received from foundations, corporations, and individuals significantly boosted our scholarship program and made it possible for us to launch Tiered Pricing on select programs to help meet the varying financial needs of our community members.

For 36 years, Omega has helped people gain a deeper sense of purpose and place in the world. With your support, we can continue our mission to awaken the best in the human spirit and provide hope and healing for individuals and society.

*Skip Backus*

Robert "Skip" Backus  
Chief Executive Officer



Brené Brown

## Women & Power Retreat

### Find Your Own Strength

*"It's not about winning. It's not about losing. It's about the courage to show up when there are no guarantees,"* said Brené Brown, best-selling author and the subject of one of the most popular videos on TED.com, at our biennial Women & Power retreat.

The theme for 2013 was "Find Your Own Strength," and discussions centered around personal development, self-care, and leadership skills as a basis for making lasting and meaningful change—at home, at work, and in the world. A live stream of a conversation between Elizabeth Lesser, Brené Brown, and Joan Halifax Roshi made it possible for people to participate in the event online. It was the first on-campus event programmed for a live stream and it drew more than 2,600 viewers.

Highlights of the retreat included Omega cofounder Elizabeth Lesser's recognition of the daily acts of courage by teachers, nurses, parents, social workers, and other caretakers, and Buddhist teacher Joan Halifax Roshi's challenge to walk tall while keeping our hearts soft, to cultivate balance and wisdom with love and confidence. These sentiments echoed throughout the weekend and inspired participants to improve conditions for all people throughout the world.



The Omega Women's Leadership Center (OWLC) works to develop ideas and effect realities of how we perceive women's leadership throughout the world. Through our programs, we address issues of equality, security, sustainability, and justice, and aspire to shift the existing paradigms of leadership and power.



Chung Hyun Kyung Carla Goldstein Joan Halifax Roshi Elizabeth Lesser Sarah Peter Ai-jen Poo

### Women's Leadership Residency

The Women's Leadership Residency at Omega was created to provide opportunities for personal restoration, contemplation, and the generation of ideas. This year, 10 leaders from a wide range of professions came to Omega to clarify their organizational intentions, enhance their creativity, and find inspiration.

Residents stayed in the Juno Cottage (Cabin 45) and participated in the new Leadership Questions Project, which aims to create a circle of dialogue and connection on topics pertaining to women's leadership.

One of our first residents commented, *"I am so incredibly grateful for what you are making possible and the generous spirit in which you have shared it with us. Providing a self-care initiative for women working in nonprofit organizations and the world of advancing human rights is genius. The acknowledgement alone says the work we are doing has value and is being recognized. For so many of us, our work is of a giving nature, and what you are offering has made me feel nurtured, well taken care of, and refueled to keep going. Thank you so much for giving me this time so I could get centered and grounded and ready to go again!"*

### Inaugural Women's Leadership Intensive

*"Who would accept our invitation to become the kind of leaders the world needs now? Who would want to explore themselves along with us, and think together with us about how we might use our leadership for the collective good?"*

OWLC director Michele Bertran asked these questions during her welcoming remarks at the inaugural Women's Leadership Intensive. The answer? The 40 women who attended the workshop and spent five days considering the role of women in the changing nature of leadership.

Led by Sharon Salzberg, Carla Goldstein, Mallika Dutt, Leslie Salmon Jones, and Michele Bertran, participants developed skills for tapping the deep wisdom of body, heart, spirit, mind, and nature as they explored how to become more courageous, understanding, and nurturing leaders.

*"Transformational! It got at your core and did not stay at the surface level. No other [leadership] conference I have attended has ever connected that way,"* said one participant.

### Women Serving Women Summit

The third annual Women Serving Women Summit brought individuals from 14 local, national, and global organizations to Omega's Rhinebeck campus. Coordinated by the OWLC, the Women Serving Women Summit is an integral part of Service Week (see page 15) that provides working retreats for organizations that serve the needs and interests of women and girls. The 2013 Summit featured roundtable discussions and a performance by Hudson River Playback Theatre, which gathered and reflected participants' stories of social change leadership through improvisation and music.





Women's Economic Justice Forum

Reflecting on more than two decades of work done by the Ms. Foundation's Institute on Women and Economic Development, a group of 25 women—diverse in age, race, ethnicity, sexual orientation, geography, and socioeconomic backgrounds—came together at Omega to examine their achievements and gaps, and envision the next steps and strategies for moving forward.

Some of the topics they addressed included the roles women take in affecting the economy, how women's contributions to the economy are recognized, and how to nurture innovative strategies on women's economic empowerment and rights.

#femfuture Retreat

In October, Omega hosted a #femfuture retreat, focused on self-care, reflection, and connection for feminist activists. #femfuture, an "experiment in movement-building" dedicated to feminism in the 21st century, convened bloggers, online organizers, writers, educators, and activists to collaborate and explore the present reality and future potential of the feminist movement.

More than 20 women from around the country were selected to attend, including mothers, poets, journalists, and teachers. One participant was looking for a way to continue her activism and connect with other feminists after the grassroots organizing she did in college. She wrote about her experience saying, *"This was a blessing that fell from the sky! I'm a young professional trying to navigate through 'the real world.' I left feeling empowered. I rediscovered my love for activism as a feminist."*



OiA

Omega in Action Making Meaningful Change in the World

**The first Women Working for the World** forum was held in Bogotá, Colombia, in October 2013, with Carla Goldstein, Omega's chief external affairs officer and cofounder of the Omega Women's Leadership Center (OWLC), among the international delegation of influential women speakers.

The forum focused on gender issues such as poverty, the impact of women in the global economy, social inclusion for sustainable social development, leadership and empowerment, and reproductive health. The delegation visited the communities that the foundation works in to help lift teen mothers out of deep poverty.

The forum was organized by Catalina Escobar Restrepo, president of the Juan Felipe Gomez Escobar Foundation, and Pat Mitchell, president and chief executive officer of the Paley Center for Media and a member of the OWLC advisory council.

**A new model of leadership** being advanced by the OWLC was the subject of a feature story in the June issue of *Forbes* magazine. The article included an interview with OWLC cofounder Carla Goldstein, who discussed how we are "trying to help people connect the dots between 'me and we.'"





President Bill Clinton

## OCSL



Bob Berkebile, David W. Orr, Janine Benyus, Majora Carter, and Robert "Skip" Backus

The Omega Center for Sustainable Living (OCSL) demonstrates and teaches what is possible through regenerative design. Our award-winning building, Eco Machine™, and innovative educational programs offer visitors a path toward a sustainable, just, resilient, and regenerative future, where people and nature work side-by-side to build a better world.

## Where We Go From Here

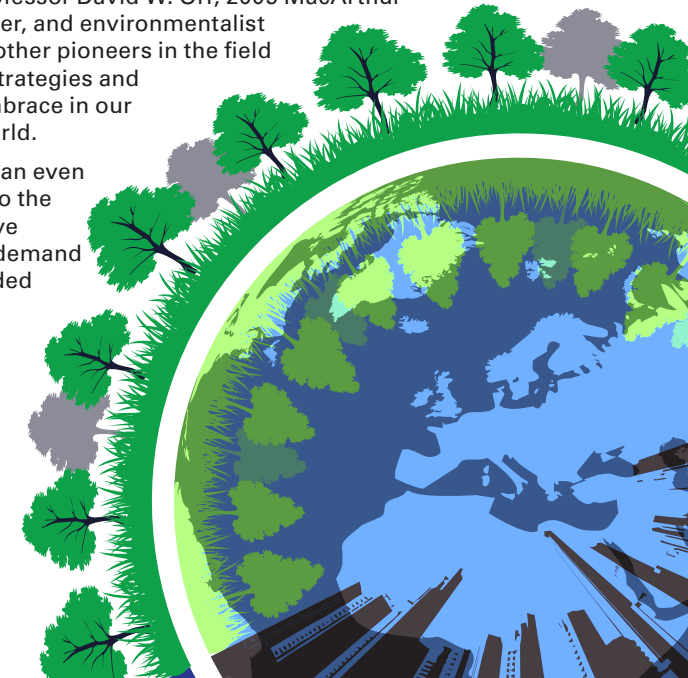
### Opportunities & Solutions for an Interdependent World

Nearly a year after Hurricane Sandy demonstrated the immediate threat of climate change, Omega hosted Where We Go From Here: Opportunities & Solutions for an Interdependent World. The conference continued our ongoing conversation about the complex environmental challenges we face.

In an insightful keynote address, President Bill Clinton spoke of unsustainable conditions that currently exist around the globe and shared his view that all people and all societies are interconnected. *"We will share the future,"* he said. *"The only question is what will we be sharing—opportunities and responsibilities or chaos and destruction. Whether we like it or not, the earth we live on must be a partner in the future we share."*

More than a dozen visionary thinkers joined us to explore real-life solutions to the problems we face. Economist Jeremy Rifkin, biologist Janine Benyus, professor David W. Orr, 2005 MacArthur Fellow Majora Carter, and environmentalist Paul Hawken, and other pioneers in the field spoke about new strategies and technologies to embrace in our interdependent world.

The event brought an even larger audience into the conversation via live stream and an on-demand video, which included President Clinton's address.





*"I feel inspired in so many ways to take what I learned here very practically and to implement everything—from permaculture to water purification to solar energy," said a participant. "I feel like I have the tools now to make better decisions."*

## Ecological Literacy Immersion Program

In June, Omega introduced the Ecological Literacy Immersion Program (ELIP), a multi-week residential program through which participants studied eco-social design through various perspectives, from permaculture and biomimicry principles to soil science and ecological engineering. The immersion experience and complementary approaches from many faculty allowed students to explore new ways of understanding natural systems and how to live and work within them. Participants implemented some of their lessons here on Omega's campus—including the creation of rain gardens that help filter water and maintain soil quality.

## Women's Permaculture Retreat

Following the success of last year's gathering of permaculture practitioners in the Northeast, Omega hosted a retreat in 2013 specifically for women who are actively engaged as permaculture educators, organizers, designers, and/or practitioners. During the 2-day program, participants shared ideas and practices, celebrated women's contributions to the permaculture movement, strengthened connections, and developed opportunities for future collaboration.



## Omega Considers the Impact of Power Line Expansion

Omega joined with Scenic Hudson and other environmental organizations in a campaign to voice concern over the possible economic, health, and environmental impact that any expansion of New York State's electricity transmission infrastructure may have for residents and visitors in the Hudson Valley.



Omega CEO Robert "Skip" Backus and Scenic Hudson President Ned Sullivan

## OCSL Gives Leadership in Sustainable Education Award to Scenic Hudson

Omega awarded the second annual Leadership in Sustainable Education Award to Scenic Hudson—an organization dedicated to protecting and restoring the Hudson River and its surrounding landscape—during the Where We Go From Here conference. The award included \$10,000 and an organizational development and strategic planning retreat at Omega.

## Food Quality Gathering

Farmers, educators, researchers, and activists gathered at Omega to talk about food, nutrition, and agriculture—and the importance of bringing quality into discussions around these subjects.

*"Participants shared ideas on the need to focus on seed breeding (are seed stocks selected for reliability rather than nutrients and flavour?), to learn from the wine world about how to articulate sensory valuation, and, on a societal basis, to shift the priority from yield to quality,"* reported the *Guardian* in an article titled "The Food We Eat May Not be Providing Us with the Nutrients We Need."

## OCSL Receives New York State Environmental Excellence Award

Omega CEO Robert "Skip" Backus accepted the New York State Environmental Excellence Award at a ceremony cohosted by the NYS Department of Environmental Conservation (DEC) and Price Chopper/The Golub Corporation. Omega received the award in recognition of the OCSL's efforts to help people better understand natural systems and how to live and work within them.

## Planning for the Future

Sustainability is a core value at Omega. We are grounded in the awareness of our relationship to the environment. To be the most effective stewards of the land, it is necessary for us first to have a true understanding of it. This year, we engaged in an ecological assessment of campus—collecting and analyzing data about climate, wetlands, soils, wildlife, energy use, infrastructure, and more. Through this study, we see a compelling narrative unfolding around the many layers of campus, the legacy of the past, and the ways in which we can plan for a more sustainable and regenerative future.

# OCSL



ELIP participants created rain gardens that help filter water and maintain soil quality on campus.

OiA

Omega in Action Making Meaningful Change in the World

**Omega is building relationships** with organizations in our community. In 2013, Omega helped the West Clinton Fire Department, in Staatsburg, New York, by purchasing a second Bullard Thermal Imaging Camera. The camera allows the viewer to see people in a dark or smokefilled structure, and to see hot spots from a fire in the walls of a structure. It is also used to locate people at night who may be lost or injured.

**The OCSL is one of several local sites** featured in the Certified Sustainable Building Advisor (CSBA) program offered by the Sustainable Building Advisor Institute and SUNY Ulster. The training prepares professionals—primarily design and construction professionals, architects, project managers, realtors, and resource conservation specialists—to take the CSBA exam, which provides the nationally recognized CSBA designation.

The program is recognized by the U.S. Green Building Council as a Mastery 400 course and is approved for 100 learning units by the American Institute of Architects (AIA) and for Leadership in Energy and Environmental Design Accredited Professional (LEED AP) credential maintenance credits.



# Veterans



12

At Omega, we believe in supporting our veterans and their family members as they cope with post-traumatic stress and the challenges of reintegrating into society upon returning home.

## Retreats for Women Veterans

Omega held two concurrent programs designed to help veterans heal from the wounds of war.

One was a 5-day certification program for yoga teachers, taught by Warriors At Ease cofounder, Robin Carnes, and Exalted Warrior Foundation founder, Annie Okerlin. Seventeen certified yoga teachers received training for addressing combat-related issues through yoga and in the art and science of teaching yoga in a military setting.

The other was a women-only retreat for active duty military and veterans healing from military trauma. It was taught by Warriors At Ease cofounder, Col. (ret.) Pat Lillis, and veterans advocates Maj. Susan Lynch and Col. Alison Ward. Twenty-two women attended to explore ways to face and release traumatic stress, and increase resilience. The retreat was made possible in part with a grant from the Bob Woodruff Foundation, which funds innovative programs in communities where veterans, their families, and caregivers live and work.

Participants from both programs bonded and by the week's end were looking for ways to take their Omega experience home with them. They paired up wherever it was geographically possible, allowing the yoga teachers to offer a few free sessions in exchange for the opportunity to practice teaching. Where it was not easy to pair people, the group turned to the Warriors At Ease network of trained yoga teachers for assistance in facilitating matches.



13

*"Excellent, excellent, excellent! It gave me a solid taste of the possibilities for working with this population and with trauma in general," said a participant.*

## Veterans, Trauma & Treatment Conference

For more than 20 years, Omega has offered programming for individuals, veterans, and family members dealing with PTSD. Our annual Veterans, Trauma & Treatment conference, for health-care professionals, explored a variety of complementary and alternative treatments for veterans' trauma through presentations by keynote speakers, panel discussions, and concurrent workshop sessions.



# Service Week



Omega Service Week is an expression of Omega's dedication to nonprofit organizations and foundations, and the committed individuals who work tirelessly to improve the well-being of others and our planet. Each spring, we offer working retreats that support and strengthen each participating organization's ability to serve their community.

## Serving Organizations That Serve Others

The first 2013 Service Week session, with funding from The Dyson Foundation, focused on Mid-Hudson Valley nonprofit organizations that address social service, social justice, and safety-net needs.

This year, we welcomed:

- BIG BROTHERS, BIG SISTERS
- DUTCHESS COUNTY ARTS COUNCIL
- EASTERN DUTCHESS COMMUNITY COALITION
- HEADSTART OF EASTERN ORANGE COUNTY
- LEGAL AID, JUVENILE RIGHTS DIVISION
- LITERACY CONNECTIONS
- NAACP: NORTHERN DUTCHESS COUNTY
- NORTHEAST COMMUNITY CENTER
- PRESS PASS TV
- RE THINK LOCAL
- ROSENDALE THEATER COLLECTIVE
- TACONIC RESOURCES FOR INDEPENDENCE
- WILD EARTH



*"Being able to bring my colleagues to such a beautiful and spiritual place was a true gift. The work we do is extremely stressful and being able to share in the beauty that is Omega was rejuvenating," said one participant.*

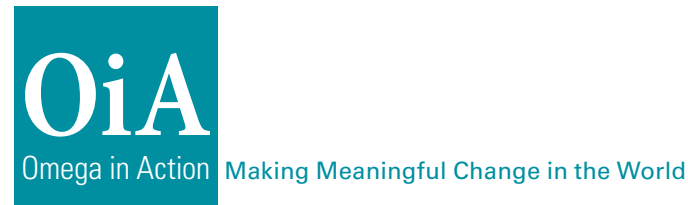
*"Huge gratitude to Omega for offering the time, the focus, and the facilities to nonprofits in this way. It was very beneficial to our organization as a whole, and to me personally."*

## 3rd Annual Women Serving Women Summit

Coordinated by the Omega Women's Leadership Center, the 3rd Annual Women Serving Women Summit focused on organizations working to ensure the safety of women and girls. Previously by invitation only, the Summit is now open to the public and a scholarship application is available on Omega's website.

In 2013, we welcomed:

- ASTRAEA LESBIAN FOUNDATION FOR JUSTICE
- FAMILY OF WOODSTOCK
- FAMILY SERVICES
- GIRLTREK
- GRACE SMITH HOUSE
- HEALTHCARE IS A HUMAN RIGHT
- HOLLABACK!
- MILL STREET LOFT
- NEW HARLEM RENAISSANCE WORK GROUP
- POWERSTORIES
- SAFE HOMES OF ORANGE COUNTY
- SCHOOL OF LEADERSHIP, AFGHANISTAN
- TMI PROJECT
- WILLIE MAE ROCK CAMP FOR GIRLS



In an article for *Philanthropy News Digest*, Omega's chief external affairs officer Carla Goldstein wrote, "Over the years we've run the program, more than 3,000 staff members from over 200 organizations have traveled

to our 200-acre Rhinebeck campus to engage in the kind of reconnecting, recharging, and brainstorming that all too often falls through the cracks at the typical busy nonprofit." She described a holistic approach

to managing the stress that can burden those in the nonprofit sector, including making time to meet, taking time to relax, and engaging in meaningful strategic planning.

Through mindfulness-based workshops, professional trainings, and groundbreaking gatherings like the annual Mindfulness & Education conference, Omega fosters connections for each of us to the present moment.

## Mindfulness Programs



### Mindfulness Tools for Living the Full Catastrophe

During Mindfulness Tools for Living the Full Catastrophe, a 5-day intensive in Mindfulness-Based Stress Reduction (MBSR), participants learned and practiced mindfulness skills based on the 8-week Stress Reduction Program founded in 1979 by Jon Kabat-Zinn.

*"I walked around Omega and actually looked closely at the flowers, counted their petals or leaves, watched a dragonfly suspend itself in place for an extended period of time, and observed bumble bees cross-pollinating flowers,"* said participant Dr. Richard C. Frank. *"I was opening up to things I walked right by for 50 years."*

### 2013 Mindfulness & Education Conference

The 2013 Mindfulness & Education Conference brought together teachers, administrators, psychologists, and other educators to hear leading-edge research on contemplative education, Social and Emotional Learning, and mindfulness. With funding from the 1440 Foundation, an advised fund of the Silicon Valley Community Foundation, 40 individuals—from the United States, Canada, and Costa Rica—received full or partial scholarships that made their attendance at the conference possible.

One participant shared, *"I've been a special education teacher for 28 years. I've been to many professional development programs, but I've never been as inspired as I was at Omega this summer. I will be implementing a mindfulness program with my students and will have them in turn become trainers for other students on their grade level. Mindfulness practice is a tool for children to develop their own internal strategies and coping skills without relying on external controls such as medication. A very hopeful conference!"*



# On Campus



18

Omega's Core Values:

Accountability

Holism

Integrity

Service

Simplicity

Sustainability

Teamwork

Welcoming

## How Does It All Happen?

Between April and October, approximately 350 seasonal staff joined Omega to be part of something larger than themselves, practice compassionate service within their work, and live in community. In addition, some 70 core staff members work year-round to produce or support Omega's workshops and programs. Along with many other rewarding benefits, including an education program of more than 2,300 staff-only classes, room and board, community events, and a stipend, seasonal staff are treated to healthy meals in Omega's dining hall.

Mary McKie, who worked in Reception in 2013, expressed her gratitude for the experience: *"They pay me in kale. And beets. And peppers. And local organic micro-greens. I feel as rich as a king, all this treasure laid out before me. How did I ever get so lucky?"*



## Dining at Omega

Meal time at Omega is a community event. The Dining Hall is a place to join new friends and talk about the day's events while enjoying nutritious food. The dining hall now offers food for thought with a fact-filled cube on each table. Did you know that the average mouthful of food in the United States travels 1,300 miles before it is eaten? Or that mindful eating can actually make food taste better? In addition to sharing useful information, the cubes are also great conversation starters!

## The Omega Store

What were people reading at the Omega Store in 2013? Here are the top four best-sellers.

*Broken Open* by Elizabeth Lesser  
*Polishing the Mirror* by Ram Dass  
*Daring Greatly* by Brené Brown  
*How to Meditate* by Pema Chödrön

## The Café

More than 2,500 breakfasts, 10,000 scoops of ice cream, and 17,000 cups of coffee were served in the Omega Café in 2013.

## The Wellness Center

The Wellness Center at Omega offers more than 45 services to enhance the campus experience, including acupuncture, energy work, life coaching, and an array of massages. One happy customer commented, *"It was the best bodywork experience I've ever had!"*



19



*"Austerity is the New Luxury,"* an article in *DuJour* magazine, sited Omega as a retreat center for those "in pursuit of the one thing money can't buy: personal transformation."



*USA Today* named Omega one of the "World's best wellness resorts" in 2013.



# Rhinebeck Campus Programming



## Omega Introduces Learning Paths

Omega offered more than 340 programs on our Rhinebeck, New York, campus in 2013. With so many programs to choose from, we introduced six learning paths to make selecting a workshop just a little easier: Body, Mind & Spirit; Health & Healing; Creative Expression; Relationships & Family; Leadership & Work; and Sustainable Living. Each path provides instruction and inspiration on the journey toward living a more deeply engaged life.



Body, Mind & Spirit



Health & Healing



Creative Expressions



Relationships & Family



Relationships & Family



Sustainable Living



Brian Weiss

Jai Fuller

Jill Bolte Taylor

Daniel Mack

### Past-Life Therapy Training

In July, Brian Weiss returned to campus and shared his powerful past-life regression therapy techniques and gentle wisdom with more than 400 individuals. Brian references his Omega workshops in the best-selling book *Miracles Happen*. In this excerpt, he characterizes the significant impact that can occur when participants gather together:

*"I understood that the 130 people who had come to this intensive course were assembled not just for their own purposes, and not just to experience a past life. What if God or a higher power had assembled these 130 people to heal three or four? What if the intention was, 'Well, let's get these particular 130 people and their unique energy to heal these three or four among their group who are in need?' What a privilege, what an honor, and what a blessing it would be to be included among these 130 people. That gave a different perspective to me and to the entire group. We realized that miracles were happening. We merely had to open our eyes."*

### P90X® Program

The P90X® program champions fitness as a mindset, one that opts for healthy choices when it comes to food and activity.

*"My weekend with Tony Horton was life changing. Tony helped me change my perception and attitude. Thanks to Tony's teaching, I'm feeling better, more energized, and walking taller,"* remarked one participant of the June workshop.



Tony Horton

### Limitless Mind

When Jill Bolte Taylor experienced a massive stroke in 1996, she learned an invaluable lesson about the brain's amazing ability to evolve and reorganize itself. A Harvard-trained neuroscientist, she wrote about her eight-year journey of recovery in her best-selling memoir, *My Stroke of Insight*.

In *Limitless Mind: The Promise of Neuroplasticity in Everyday Life*, Taylor and others delved into the inner workings of the brain, its capacity for recovery, and how we can work with it to improve our experience of life.

### Working Rustic

During Arts Week, Daniel Mack brought his vision to campus and introduced woodworkers to the rustic way of building.

### Radiant Power of Girls

"Empowering," "fun," "sweet," "nurturing," and "supportive" were some of the words participants used to describe the atmosphere at Radiant Power of Girls, a retreat for 5–12 year olds. Jai Fuller led the group through a program of yoga, dance, chant, and play. The girls discovered and explored their graceful power—and shared it with their mothers and other participants in the Radiant Power of Women workshop, the original inspiration for this workshop.



A bench created during Daniel Mack's workshop offers a pleasant place to rest in Omega's garden.

# Rhinebeck Campus Programming



Desirée Rumbaugh Elena Brower Sianna Sherman David Wilcox and Beth Nielsen Chapman

## Catching Fire

Desirée Rumbaugh, Elena Brower, and Sianna Sherman taught *Catching Fire: Embracing Your Vision Through Yoga*. More than a basic yoga class, this retreat explored asana, pranayama, meditation, and ritual—all with the intention of bringing more light into the world.

## Songwriting From the Heart

Celebrated singer-songwriters David Wilcox and Beth Nielsen Chapman delighted our musical senses with a weeklong foray into the deeper side of songwriting that comes straight from the heart. Dancing between spontaneity and structure, participants experimented with singing from the voice's center, unlocking presence with minimal effort, and tuning into their inner power and energy.

## Omega Receives Grant for Veterans Retreat

Omega is pleased to join the Bob Woodruff Foundation grantee network, a collaboration of top-tier programs and nonprofits working to help our veterans. *Healing From Military Trauma: A Retreat for Military Women and Women Veterans*, which explored healing modalities such as group dialogue, meditation, and yoga, was made possible in part by a grant from the Bob Woodruff Foundation. Omega is grateful to the Bob Woodruff Foundation for its support, and shares its dedication to ensuring that injured service members, veterans, and their families thrive long after they return home.



Robert Peng Gail Larsen Joe Cross

## Becoming a Qigong Healer

At the age of eight, in the midst of the Cultural Revolution, qigong healer Robert Peng apprenticed secretly with legendary Buddhist master Xiao Yao. Now a renowned spiritual teacher, Peng shared his extraordinary knowledge during a 14-day intensive professional training for qigong healing.

## Transformational Speaking

Personal power and authenticity have a place in our professional lives, but many of us have difficulty bringing them into the workplace. In Gail Larsen's Transformational Speaking workshop, business leaders, educators, activists, authors, and others explored their values—and their fears—in order to develop closer connection with others and discover the authentic voice that resides within.

## Camp Reboot

Joe Cross gained fame with his documentary *Fat, Sick & Nearly Dead*, after losing more than 100 pounds and curing himself of a chronic illness. His journey from sickness to health involved finding out what his body really needed, and providing it—including 60 days of juicing. Joe brought his philosophy of personal transformation to Omega with his first residential juicing "reboot" in the summer of 2013.

## 2013 Poetry Festival



Sapphire was among the distinguished teachers at Omega's 2013 Poetry Festival. This poem conveys the candor and unique voice for which she is so well known.

### Today

Today is the day you have been waiting for  
when you would finally begin to live  
when you would at last open the door

This is the what, the circumstance, the more  
you have been withholding, saving to give.  
Today is the day you have been waiting for

when you could sit down to your desk for  
hours, take pride, time, find out what work is,  
when you would at last open the door

to your own self-development, what god has for  
you. Today is the day you come out of prison, live.  
Today is the day you've been waiting for

the tomorrow you pined away yesterday for.  
I think love rhymes in a way with give.  
You at last open the door

to the possibility of now, the core  
of life is the moment, now, how you live.  
Today is the day I have been waiting for  
when you would at last open the door.

# Rhinebeck Campus Programming



## OiA

Omega in Action Making Meaningful Change in the World

24

**Omega Rest & Rejuvenation Retreats** offer guests opportunities to unwind, relax, and renew. Because every participant chooses how to spend their day, each R&R experience is unique. In 2013, Omega was chosen as one of the “Top 10 Retreat Centers in the United States for Peace & Quiet” by the *Huffington Post*. One R&R participant commented, “*My experience at Omega was better than I could have imagined! I loved the workshops offered for R&R guests and learned so much.*”

**In 2009, a small group of organizations** that bring yoga to underserved populations joined together at Omega and formed the Yoga Service Council. In 2013, they released the inaugural issue of *Journal of Yoga Service*. The mission of the new publication is “to help build a professional community for people bringing yoga to underserved populations, and to provide a place for discussion, educational information, support, and inspiration.”

**In May, Omega cofounder Elizabeth Lesser** traveled with Rev. Ed Bacon to Newton, Connecticut, to talk about grief and healing with members of the Sandy Hook Promise, an organization that formed after the December 14, 2012, shooting at the elementary school. Later that month, she appeared on a special episode of Oprah Winfrey’s *Super Soul Sunday* with Rev. Ed Bacon and Mark Nepo to discuss the tragedy.

In January 2013, Omega was contacted as a resource by a national nonprofit organization called Sandy Hook Promise. Omega facilitated connections between faculty and the organization, and several Omega faculty conducted pro-bono workshops for parents of Sandy Hook victims.

An appearance on the *Oprah Winfrey Show* by Elizabeth Lesser in 2006, and multiple readings of Elizabeth’s books, inspired composer and music teacher Jennifer Zulli to found Sound, a spiritual arts center in Newtown. The Sandy Hook Elementary School shooting occurred the day before Sound’s opening, and it has served as a place of solace and healing for many of those affected by the tragedy.

**Kristen Hess worked at Omega** as a seasonal staff member for two months in the summer of 2010. During that time, she expanded her awareness of ecological sustainability and received her first introduction to permaculture.

*“I was so inspired by the environmental lifestyle that I began working on a project with my Dad to help boost participation in composting,”* she said. Over three years, that project evolved into CompoKeeper, an effective, cleaner, and simpler system for kitchen composting.

*“Omega has shaped my life and guided me to devote my energy toward helping others and the planet,”* she said.



Susan Cain

Tony Porter

Gordon Neufeld

Elizabeth Lesser

Sil Reynolds

Omega is known as a “university of life,” committed to offering educational experiences from a variety of traditions, faiths, and healing practices. Our innovative approach to lifelong learning was recognized in the article “Fast Track to Personal Growth: Transform Your Life with Mentors, Books, Workshops and Online Courses,” nationally placed in *Natural Awakenings* magazine.

### Hold On to Your Kids

*Hold On to Your Kids: Parenting in 21st Century*, taught by Susan Cain, Tony Porter, Gordon Neufeld, Elizabeth Lesser, and Sil Reynolds, provided valuable insights and information for parents to bring home and put into practice. A number of scholarships enabled attendance by representatives of local nonprofit organizations, including Family of Woodstock and the Holistic Moms Network, as well as parents living in the Hudson Valley community.

25



### Baptiste Yoga Training

Omega was pleased to welcome yoga teacher Baron Baptiste back to campus in 2013. Creator of Baptiste Yoga™ and author of *Journey Into Power* and *40 Days to Personal Revolution*, Baron returned to teach a weekend immersion for yoga practitioners, teachers, and aspiring teachers.

### How Faith Can Heal

We explored the intersection of science and spirituality in *How Faith Can Heal*. Bernie Siegel, internationally acclaimed for his work on patient empowerment and the humanizing of medical care, joined medical intuitive Caroline Myss and physicians Issam Nemeh and Lewis Mehl-Madrona, to explore the research—and discuss practical applications—of how faith affects our health, happiness, and even our lifespans.

One participant said, “*I was overwhelmed with a sense of being blessed. It’s hard to explain in words, the sense of peace and awe I had. I left Omega forever changed.*”



Bernie Siegel

Caroline Myss



Issam Nemeh

Lewis Mehl-Madrona



## Programs in the World



### Blue Spirit Costa Rica

In an article for the *Washington Post*, yoga teacher Leslie Waugh recalled her experience at Blue Spirit: *"Ridiculous. That was the word my yoga classmates and I kept repeating to one another as we entered the aptly named Sky-Mind Hall, ready to awaken our hip flexors. As amazing as our psoas muscles might be, we were more awed by the view through the walls of windows. As I looked at my extended arm in Warrior II and let my gaze drift from my fingertips out to the sapphire-blue Pacific Ocean, all I could think was, 'This should be illegal.'"*

At Blue Spirit Costa Rica, Omega offers classes with some of our top teachers in one of the most beautiful natural settings—a lush jungle on the edge of a sandy Pacific Ocean beach.

### New York City



Jack Kornfield

Dan Siegel

Omega hosted an exclusive 2-day training in New York City with Jack Kornfield, one of the world's leading Buddhist teachers, and Dan Siegel, a pioneer in the field of interpersonal neurobiology.

"Research has shown that when mindfulness-based practices are integrated with modern psychology our potential for wellness and

resilience is optimized. We are thrilled to provide tools for health-care professionals, educators, and others interested in applying mindful awareness skills in their professional and personal lives," said Carla Goldstein, chief external affairs officer at Omega.

### Omega Teen Camp

Participants in Omega Teen Camp got to choose from more than 50 unique and exciting activities each day, including Thai massage, high ropes course, and songwriting. Evening activities included a talent show, dancing, movies, a scavenger hunt, and more.

One camper said, *"One thing I know I can expect from Omega's summer camp is that every year I will discover something new about myself. I've grown both spiritually and intellectually."*



# Online Learning



*“Being able to experience Omega from home could really change my life,”* said Nancy Bates.

## Explore Omega at Home

Omega’s Online Learning program was developed to bring our world-class teachers to an even larger audience through online workshops, videos, and live stream events. In its first year, Omega Online made available portions of the OWLC’s Women & Power retreat, the OCSL’s Where We Go From Here conference, and the Marks of Our Existence program with Pema Chödrön and Tim Olmsted.

Nancy Bates expressed her joy about being able to access Omega from home. Nancy first came to Omega in the 1990s, when she spent a summer on seasonal staff working at the registration desk. Several years later, she attended a Ram Dass workshop on campus. *“It was incredible. It had always been a dream of mine,”* she said. *“And I will never forget the hug he gave me.”* The experience, she says, has never left her.

Several hip replacements have left Nancy unable to travel, but thanks to Online Learning, she is still able to participate in Omega’s programming. She was thrilled to attend Walk the Walk with Pema Chödrön and Elizabeth Mattis Namgyel.



## Enhanced Website Offers Original Content

Omega’s website was enhanced with the introduction of original content, offering insightful articles by Omega writers.

This online content hub is a way Omega can share news, commentary, and research about important issues. Slideshows, interviews, videos, and previously published works by many of our teachers are now available.

Omega’s Facebook and Twitter feeds are helping us announce new content as it appears online—and get instant feedback about our posts. The most popular original article in 2013 was *“7 Signs You Need to Stop Everything & Just Breathe.”* This and a host of other content covering Omega’s learning paths—Body, Mind & Spirit; Health & Healing; Creative Expression; Relationships & Family; Leadership & Work; and Sustainable Living—are all online at [eOmega.org](http://eOmega.org).



Making Meaningful Change in the World

**Omega Online** provided live stream events and programs to participants throughout most of the United States as well as in Mexico, Spain, India, Germany, the United Kingdom, New Zealand, and Australia.





# Development



30

As a nonprofit organization, Omega is deeply committed to providing transformative educational opportunities to individuals and society.

In 2013, 644 generous individuals, foundations and corporations gave \$2,507,268 to support Omega initiatives, programs, scholarships and infrastructure, with each and every gift strengthening our ability to awaken the best in the human spirit.

## A Celebrated OCSL Conference

Nearly 130 guests attended a special reception to kick off the Where We Go From Here Conference, featuring President Bill Clinton. The October 4th reception featured a warm welcome by Omega's leadership, a performance by vocalist Maya Azucena, and remarks by board chair David Orlinsky. In total, generous funders contributed \$140,825 to support the conference.

## Legacy Society Gift Received from Longtime Participant

Resilience and potential are present in every human being, all of the time, no matter the circumstance—but this simple truth can be difficult to accept and remember. More than 1.8 million lives were touched this year by Omega (in person and online), and none of our work would be possible without the help of so many individuals who share our values and our commitment to putting them into action.

Walter Mickleburgh, who passed away in 2013, was a loyal friend of Omega. Between 1998 and 2011, Walter participated in more than fifty programs and made financial contributions which helped to construct the Sanctuary, the Ram Dass Library, and to launch the Omega Center for Sustainable Living.

During his lifetime, Walter developed a meaningful connection with Omega. Through his estate planning, he expressed his wish to help continue Omega's work for generations to come. Walter's story is a heartwarming example of the many relationships that make up our community and of the sincere generosity of our supporters, for whom we are so grateful.

## OWLC Challenge Grant Update

In response to the lead Challenge Grant of \$9.25 million created by a visionary OWLC funder, and the need to secure more than \$2.25 million in funds to meet terms of the challenge, to date Omega and generous friends of Omega and the OWLC have contributed \$942,260, with every \$1 donated to the OWLC matched by an additional \$4.

On November 26, the Omega Women's Leadership Center delivered its first video update by email. Carla Goldstein, OWLC's cofounder and Omega's chief external affairs officer, shared insights about the development of the first Women's Leadership Intensive, the sense of community that has been nurtured through OWLC programs, and her vision for continuing the work of the OWLC.

## Women & Power

In September, the 2013 Women & Power Retreat kicked off with an opening reception offering friends of Omega an opportunity to meet faculty members and other guests in advance of the retreat. At a Saturday evening reception that was attended by nearly 170 guests, five scholarship recipients shared the impact of their experience at Omega on their work and life. In response, generous funders contributed a new \$22,000 to support OWLC scholarships.

*"I was the lucky recipient of a scholarship to the Women & Power retreat," said one participant. "I can't fully express how moved I was by the scholarship and the retreat, by the women I met, and by the time I spent alone in reflection. It is rare to find a place that exists at the intersection of laughter, emotional justice, political transformation, and mindful practice. Thank you for cultivating this place and for welcoming me in."*



# Development



With the support of the 1440 Fund, an advised fund of the Silicon Valley Community Foundation, 39 educators were able to attend this year's Mindfulness & Education Conference through scholarships.

## Scholarships

Annually, Omega manages full and partial scholarship programs valued at more than \$500,000 for hundreds of qualified applicants with limited finances or special needs. Recipients include scholarships designated for women; US military veterans and their caregivers; educators bringing Mindfulness to public schools; and breast cancer patients and survivors. These vital programs extend the number of lives we touch each year, and invite a more layered diversity of voices into our community, creating richer opportunities for all participants to gather and make change.

As just one example, in March a longtime Omega supporter doubled their funding of veterans scholarships to \$100,000, creating the opportunity to offer up to 120 scholarships for veterans and their caregivers.



Scholarship recipient Osza Ellis read a poem expressing the transformation she experienced at Omega.

## New Corporate Sponsorships Advance Omega's Mission

In 2013, a growing number of businesses and corporations chose to show their alignment with Omega's mission by providing financial support or in-kind goods and services totaling \$ 121,848. These sponsorships help strengthen Omega's education programs, campus facilities, and online learning initiatives—and also help extend Omega's reach in the world.

Lou and Aurora Paradise, cofounders and owners of Topical BioMedics, view their corporate

sponsorship of Omega as both a means of supporting health and healing for individuals, and also connecting communities together.

*"For us, Omega is much more than just a neighbor in our backyard," Lou said. "Well before living a healthy, environmentally sound life was popular, Omega put into practice the courage of its convictions, transformed ideas into action, and understood wellness as a path to living life to the fullest."*



Lou Paradise, cofounder and owner of Topical BioMedics, and Jamia Wilson, Omega board member

## Family Week Challenge Funds Received

Family Week is one way that Omega expresses its deep commitment to parenting and families. For five days, families enjoy a unique balance of time together and time apart so that everyone can have fun,

learn, explore, and engage. Thanks to a generous friend making a limited-time challenge gift, Omega received new funds of \$5,146 to support Family Week scholarships for families in need.



# Thank You



With deep appreciation, we thank all those who share Omega's commitment to awaken the best in the human spirit and cultivate the extraordinary potential that exists within us all. This list recognizes generous contributors who supported Omega's programs and initiatives, including the Omega Center for Sustainable Living and the Omega Women's Leadership Center between January 1 and December 31, 2013.

## Thank you for supporting Omega's mission.

We thank the following foundations for significant support of the Omega Institute:



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#### Elizabeth Lesser

*Cofounder / Senior Advisor /  
Ex Officio*

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# Audited Financial Statements

## Statement of Financial Position

	2013 Totals	2012 Totals
<b>Assets</b>		
<b>Current Assets</b>		
Cash and Cash Equivalents	\$751,302	\$1,730,185
Loans Receivable	1,159	5,000
Accounts Receivable	8,637	2,695
Donations Receivable	365,028	98,602
Prepaid Expenses	401,794	421,685
Inventories	225,615	252,485
Deferred Program Costs & Marketing Expenses	485,064	319,906
<b>Total Current Assets</b>	<b>2,238,599</b>	<b>2,830,558</b>
<b>Non-Current Assets</b>		
Land	1,207,896	1,197,850
Buildings and Improvements	18,883,199	17,857,609
Administrative Equipment/Software/Web	3,321,204	2,623,694
Campus and Profit Center Equipment	2,764,004	2,580,533
Accumulated Depreciation	(8,841,290)	(8,209,312)
Investment In NYSED Structure	61,359	-
Investment In Art	7,296	7,296
<b>Total Non-Current Assets</b>	<b>17,403,668</b>	<b>16,057,670</b>
<b>Total Assets</b>	<b>\$19,642,267</b>	<b>\$18,888,228</b>
<b>Liabilities and Net Assets</b>		
<b>Current Liabilities</b>		
Accounts Payable	\$137,374	\$138,501
Accrued Expenses	130,838	136,627
Line of Credit	500,000	-
Mortgage Payable, Current Portion	35,975	34,054
Taxes Payable	2,049	7,322
Deferred Program Revenue	2,602,767	2,526,126
Program Credits Outstanding	290,554	234,032
<b>Total Current Liabilities</b>	<b>3,699,557</b>	<b>3,076,662</b>
<b>Long-Term Liabilities</b>		
Mortgage Payable, Net of Current Portion	1,335,999	1,371,974
<b>Total Liabilities</b>	<b>5,035,556</b>	<b>4,448,636</b>
<b>Net Assets</b>		
Unrestricted	13,677,446	13,633,609
Restricted	929,265	805,983
<b>Total Net Assets</b>	<b>14,606,711</b>	<b>14,439,592</b>
<b>Total Liabilities and Net Assets</b>	<b>\$19,642,267</b>	<b>\$18,888,228</b>

## Statement of Cash Flows

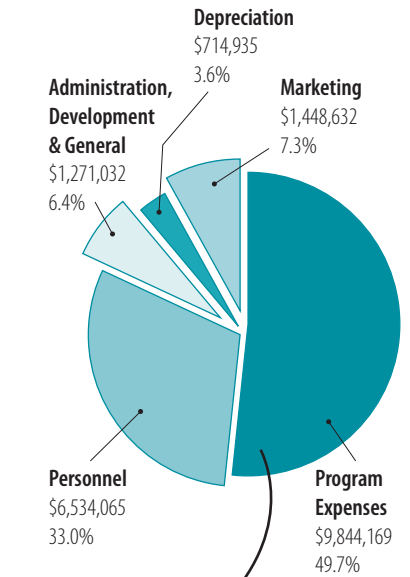
	2013 Totals	2012 Totals
<b>Cash Flows From Operating Activities</b>		
Change in Net Assets	\$167,119	\$532,310
Adjustments to reconcile change in net assets to cash provided by operating activities:		
Depreciation	714,935	868,942
(Increase)/Decrease in Operating Assets		
Accounts and Loans Receivable	(2,101)	(3,780)
Prepaid Expenses	19,891	52,656
Inventories	26,870	(8,341)
Deferred Program Cost	(165,158)	20,679
Donations Receivable	(266,426)	39,514
Tax Refunds	-	4,500
Increase/(Decrease) In Operating Liabilities		
Deferred Program Revenue	76,641	495,368
Accounts Payable	(1,127)	(63,493)
Taxes Payable	(5,273)	1,965
Accrued Expenses	(5,789)	92,333
Program Credits	56,522	(105,190)
<b>Net Cash Provided by Operating Activities</b>	<b>616,104</b>	<b>1,927,463</b>
<b>Cash Flows Used In Investing Activities</b>		
Investment In NYSED Structure	(61,359)	-
Equipment Purchases, Net	(1,999,574)	(1,859,401)
<b>Net Cash Used In Investing Activities</b>	<b>(2,060,933)</b>	<b>(1,859,401)</b>
<b>Cash Flows Used In Financing Activities</b>		
Proceeds from Line of Credit	500,000	-
Payments on Mortgage Payable	(34,054)	(32,236)
<b>Net Cash Provided by/ (Used In) Financing Activities</b>	<b>465,946</b>	<b>(32,236)</b>
<b>Net Increase/(Decrease) in Cash</b>	<b>(978,883)</b>	<b>35,826</b>
<b>Cash, Beginning of Year</b>	<b>1,730,185</b>	<b>1,694,359</b>
<b>Cash, End of Year</b>	<b>\$751,302</b>	<b>\$1,730,185</b>
<b>Other Supplemental Information:</b>		
Interest Paid	\$80,968	\$79,718

## Statement of Activities

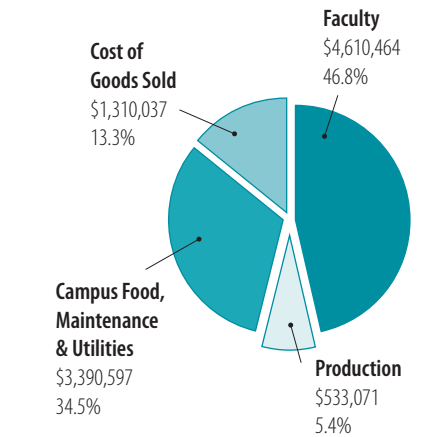
	Unrestricted	Restricted	2013 Totals	2012 Totals
<b>Revenues</b>				
<b>Program Activities</b>				
Programs and Housing	\$15,084,013		\$15,084,013	\$14,244,349
Meals Revenue	42,126		42,126	39,687
Media Works	20,312		20,312	28,949
Bookstore Revenue	1,192,878		1,192,878	1,142,739
Cafe Revenue	343,815		343,815	303,227
Wellness Center Revenue	721,304		721,304	740,658
Other Sales	2,134		2,134	8,137
<b>Total Program Activities</b>	<b>17,406,582</b>	<b>-</b>	<b>17,406,582</b>	<b>16,507,746</b>
<b>Donation Revenue</b>				
Donations - Unrestricted	633,071		633,071	960,835
Women & Power - Restricted		161,956	161,956	273,969
Women's Institute - Restricted		1,165,096	1,165,096	1,952,106
Scholarship Fund - Restricted		39,937	39,937	12,796
Major Fund Drive - Restricted		335,553	335,553	385,139
Ram Dass Library Fund - Restricted		853	853	8,271
Other Restricted Donations		170,802	170,802	24,766
<b>Total Donation Revenue</b>	<b>633,071</b>	<b>1,874,197</b>	<b>2,507,268</b>	<b>3,617,882</b>
<b>Investment Activities</b>				
Revenues-Investment Income	9,636	-	9,636	3,114
<b>Miscellaneous Activity</b>				
Miscellaneous Income	56,466	-	56,466	61,968
<b>Assets Released from Restrictions</b>	<b>1,750,915</b>	<b>(1,750,915)</b>	<b>-</b>	<b>-</b>
<b>Total Revenues</b>	<b>19,856,670</b>	<b>123,282</b>	<b>19,979,952</b>	<b>20,190,710</b>
<b>Expenses</b>				
<b>Program Expenses</b>				
Program Faculty	4,610,464		4,610,464	4,277,546
Program Production	533,071		533,071	603,067
Other Guest Expenses	1,150,543		1,150,543	1,165,190
Kitchen and Housing	1,488,912		1,488,912	1,288,301
Campus Expenses	751,142		751,142	828,475
Bookstore Cost of Sales	699,038		699,038	670,147
Other Cost of Sales	1,820		1,820	5,410
Media Production Costs	7,806		7,806	12,182
Cafe Cost of Sales	188,273		188,273	177,397
Wellness Center	413,100		413,100	412,918
<b>Total Program Expenses</b>	<b>9,844,169</b>	<b>-</b>	<b>9,844,169</b>	<b>9,440,633</b>
<b>Administrative Expenses</b>				
Personnel	6,534,065		6,534,065	6,274,198
Administrative	879,221		879,221	893,252
Development	108,728		108,728	340,668
Marketing	1,448,632		1,448,632	1,533,997
General	283,083		283,083	306,710
Depreciation	714,935		714,935	868,942
<b>Total Administrative Expenses</b>	<b>9,968,664</b>	<b>-</b>	<b>9,968,664</b>	<b>10,217,767</b>
<b>Total Expenses</b>	<b>19,812,833</b>	<b>-</b>	<b>19,812,833</b>	<b>19,658,400</b>
<b>Increase In Net Assets</b>	<b>43,837</b>	<b>123,282</b>	<b>167,119</b>	<b>532,310</b>
<b>Net Assets at Beginning of Year</b>	<b>13,633,609</b>	<b>805,983</b>	<b>14,439,592</b>	<b>13,907,282</b>
<b>Net Assets at End of Year</b>	<b>\$13,677,446</b>	<b>\$929,265</b>	<b>\$14,606,711</b>	<b>\$14,439,592</b>

## 2013 Overall Expenses

Total Expenses: \$19,812,833



Program & Projects Expenses: \$9,844,169



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 Statements 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

## Comparative Revenues, Expenses, and Net Earnings





Zen calligrapher Alok Hsu Kwang-han's inspiring Zen portrait of the most familiar segment of Omega's mission statement: "awaken the best in the human spirit."

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth programs.

As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change.

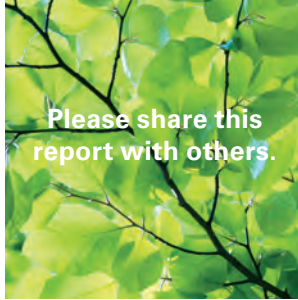
Located on 200 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people each year to its workshops, conferences, and retreats in Rhinebeck, New York and at exceptional locations around the world.

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