

# Welcome



Whether you're joining us to experience a welcoming community, continue lifelong learning, or bring inspiration to your daily life, you will find that Omega's natural environment and quiet pace allow for extraordinary experiences to unfold. To help you make the most of your visit, this letter addresses questions about check-in, packing, travel, and more.

## Arrival

We look forward to greeting you on campus!

### Check-In

Please plan to arrive with enough time to settle into your room before your program begins. You may access your room after **5:00 p.m.** To keep the campus vehicle-free, we allow only Omega vehicles on interior roads.

Guests park in a parking lot located within walking distance of campus buildings. On arrival and departure days, your luggage will be transported to and from your accommodations or a central drop-off point for campers.

### Weekend Workshops

Please arrive for check-in at the Main Office on Friday between **4:00–6:30 p.m.** Dinner is available from **6:00–7:15 p.m.** Welcome and Orientation begins at **7:30 p.m.**, and workshops start at **8:00 p.m.**

### 5-Day Workshops

Participants staying in accommodations should arrive for check-in on Sunday between **4:00–6:30 p.m.** Dinner is available from **6:00–7:15 p.m.** and Welcome and Orientation is at **7:30 p.m.**

**Participants who will be commuting** are welcome to check in on Sunday between **4:00–6:30 p.m.** to attend dinner and Welcome & Orientation. Please plan to arrive no later than Monday morning **8:00–8:45 a.m.** to check in and start your workshop by **9:00 a.m.**

### Other Workshops or R&R Retreats

Exceptions to standard arrival and workshop times are noted in the catalog or in a special letter.

### Late Arrivals

If you arrive after **9:00 p.m.**, please check in at our Guest Services office below the Café, which is across the street from the Main Office and the main parking lot. If you arrive after midnight, go to the bulletin board located outside of the Main Office doors adjacent to the parking lot. There you will find a packet with your room key, campus map, and other information you will need. It is important that you check in at the Main Office between **8:00–9:00 a.m.** the next morning.

## Sample Day

**Outside your workshop, you will have plenty of time to explore the Omega campus, make use of our Wellness Center and other facilities, enjoy the lake, take daily open classes, and visit the Café, Store, Sanctuary, and library.**

7:00–8:00 a.m.	Daily open classes in meditation, yoga, or tai chi
7:00–8:45 a.m.	Breakfast
9:00 a.m.–noon	Workshop
noon–1:45 p.m.	Lunch
12:15–1:00 p.m.	Daily open classes in movement
2:30–5:00 p.m.	Workshop or free time*
5:30–6:15 p.m.	Daily open classes in yoga or movement**
6:00–7:15 p.m.	Dinner
8:00 p.m.	Special class, concert, community gathering, or film

\*Free time is generally scheduled on Wednesday afternoons, unless your workshop has a special schedule; see workshop description.

**\*\*Please Note: There are no daily open classes on Friday or Sunday afternoons.**

## Planning Your Stay

Please pack comfortable shoes suitable for outdoors. We recommend that you bring an eco-friendly reusable water bottle or thermos, flashlight, toiletries, alarm clock, extra blanket for cool weather, small fan for warm weather, insect repellent, extra towels for beach or sauna, umbrella, rain gear, and a bathing suit (no nude swimming).

**For daily open classes, you may want to bring loose clothing, dancewear, a meditation cushion, or yoga mat. If you are planning to camp or hike, we suggest you bring long pants, long sleeves, a hat, and bug repellent.**

### Children's Program

You may drop off your child at the Children's Program building, next to the Dining Hall, 15 minutes before the start time of your workshop. On Friday evening, you may drop off your child at **7:15 p.m.** before the Welcome and Orientation. In warmer weather, be sure to pack a bathing suit, towel, and sunscreen for your child. The Children's Program is available starting on May 29 and on weekends only after September 7.

### Limited Mobility

Our campus is hilly and can be difficult to manage if you have limited mobility. We do have wheelchair accessible accommodations. Please call 800.944.1001 if you did not indicate special needs at the time of registration. A special needs coordinator will contact you before your arrival to make sure your stay is a comfortable one.

### Money

Cash, AMEX, MasterCard, Visa, Discover, and personal or traveler's checks may be used in the Omega Store and Wellness Center. Purchases at the Omega Café can be made with cash only. Omega is unable to cash personal checks for you. There is an ATM on campus in the Café foyer.

### Continuing Education Credit

**You must pre-register for Continuing Education Credit (CEs/CMEs).**

Please see our catalog or website for information about continuing education opportunities and call registration at 800.944.1001 to pre-register. You can pick up your continuing education packet at the Main Office when you check in or in your workshop. To receive accreditation, you must sign in daily at your workshop and drop off your (signed) disclaimer form, continuing education request form, workshop evaluation form, needs assessment form, and/or disclosure form (if applicable) at the Main Office on the last day of your workshop. Failure to submit all paperwork and fees at the conclusion of the workshop will disqualify you from receiving your credit.

## Departure

**All workshops end at noon, unless otherwise noted.**

### Check-Out

**Check-out time is 1:00 p.m.** Departure procedures are posted in your room (or bathhouse if you are camping). Please honor the check-out time so our housekeeping staff can have sufficient time to prepare the rooms for newly arriving guests.

**Please note:** If you are taking the **1:15 p.m.** New York Charter bus, the **1:15 p.m.** Airport Van, or the **1:00 p.m.** or **2:00 p.m.** shuttle to the Rhinecliff train station, you must have your luggage on your porch (or nearest Luggage Shelter) by **9:00 a.m.**

### Luggage Assistance

Omega's campus is closed to nonOmega vehicles. If you would like Omega to transport your luggage to the parking area, have your luggage packed and on your porch (or Luggage Shelter if you are camping or in a tent cabin) by **1:00 p.m.** Your luggage will be delivered to the luggage tent in the parking lot for you to pick up at **2:30 p.m.** If you need to leave before **2:30 p.m.**, have your luggage on your porch or Luggage Shelter by **9:00 a.m.**

## While You're Here

Our campus is a relaxed environment. If you need help finding anything, please don't hesitate to ask our friendly staff.

### Guest Services

Guest Services is located on the lower floor of the Café building, across from the outdoor information kiosk. Some of the services provided are: general and local information, first aid, lost and found, directions, and meal tickets, as well as maintenance and housekeeping requests. Please let us know how we can help you.

### Meals

Dinner is served from **6:00–7:15 p.m.** in the Dining Hall on arrival evenings. Meals are also available for purchase in the Omega Café (cash only, although an ATM is on premises). The Café serves food until **10:30 p.m.** and snacks and beverages until **11:00 p.m.** **Weekend Workshops:** Meals begin with dinner on Friday night and end with lunch on Sunday. **5-Day Workshops:** Meals begin with dinner on Sunday night and end with lunch on Friday.

### Workshop Changes

Changes can be made on-site (subject to availability and certain prerequisites) and must be made in the Main Office **before the following deadlines:** by **9:00 a.m.** on Saturday for a weekend workshop; on the first full-day of class for a 3-day workshop; or by **9:00 a.m.** on the second full-day of class for 4-, 5-, and 7-day workshops. If switching to a class with additional tuition and fees, you will need to pay the difference. If switching to a class with lower tuition, credit toward a future workshop is offered. Please note that some workshop content does not accommodate people entering or exiting the classroom once the workshop has started.

### Mail, Messages & Internet

If you anticipate getting mail during your stay at Omega, please ask correspondents to address mail as follows:

(Your Name), Guest  
Omega Institute  
150 Lake Drive  
Rhinebeck, NY 12572-3252

There are no phones in the rooms. Phone messages may be left at: **845.266.4444, ext. 190.** Messages are checked and posted regularly on a public bulletin board outside of the Guest Services door. **To respect your privacy, we will not confirm your attendance with callers.** Every attempt will be made to hand-deliver emergency messages.

To help you unplug from life's demands, rooms do not have phones or televisions. For your convenience, pay phones are located at the Omega Café and Main Office. Fax service is available at Guest Services for a fee. We also provide free Wi-Fi and three computer terminals with Internet connections in the Omega Café. All dorms have Wi-Fi as well.

### Sauna

Located on the ground floor of the Wellness Center, our sauna is open to all Omega participants at no cost. Swimsuits are optional. Please bring a towel to sit on.

The sauna is open daily from **noon–10:30 p.m.** with separate hours for men and women. Please check posted hours when you arrive on campus. There are no coed hours for the sauna.

### Green Omega

In the face of urgent environmental crises, Omega looks to nature, and to the future, for inspiration and innovation. We take pride in practicing and promoting various sustainability initiatives. To reduce the overall environmental impact of our activities, we:

- Purchase primarily local organic produce
- Incorporate innovative green building technologies
- Harness clean energy
- Employ green cleaning products
- Preserve water
- Recycle
- Leverage Omega's purchasing power and encourage our vendors to do the same

We are currently looking to better understand the campus waste stream as we begin a pathway toward zero waste at Omega. You will see important information posted on kiosks and in guest rooms about our recycling and composting efforts. We look forward to your participation and feedback in this effort.

During your stay with us, we invite you to tour the Omega Center for Sustainable Living (OCSL), our award-winning, state-of-the-art water reclamation facility and environmental education center where you can see some of the above principles in action. Guided tours are available every **Wednesday and Saturday at 1:00 p.m.**

### Campus Courtesies

**Omega provides canoes, kayaks, and rowboats; please do not bring your own. Pets, bicycles, alcohol, and illegal drugs are not allowed on campus. Recording devices are not allowed in workshops.**

### Cell Phone Use

To preserve the restful "unplugged" quality of our campus for yourself and others, we strongly encourage you to disconnect from your cell phone while you're here. Be sure your phone is turned off or silenced during classroom programs and scheduled campus events (unless otherwise stated). Please be mindful of your behavior in order to preserve the experience of others.

### Chemical Sensitivities

Some of our guests have chemical sensitivities due to health difficulties or allergies. We ask that you refrain from using strong perfumes and oils whenever possible.

### Smoking

Smoking is discouraged on campus and is forbidden in or near any building or public gathering space. There is one designated smoking area on campus; please ask our staff to direct you to its location.

### Emergency Procedures

Guest Services is open Monday–Thursday and Saturday **7:00 a.m.–11:00 p.m.**; Friday and Sunday **7:00 a.m.–midnight.** For 24-hour emergency assistance, there are emergency call boxes at convenient locations around the campus.





## Accommodations

**Omega accommodations are comfortable and modest. There are no telephones or television, and most rooms do not have air conditioning. Please come prepared for changes in weather.**

### A & B Accommodations

Omega provides bed linens, pillows, blankets, and towels. You may wish to bring extra towels, blankets, or washcloths. These cabins are heated and have ceiling fans.

### Dorm Single

**Omega does not provide linens for dorm singles.** You must bring your own sheets or sleeping bag, towels, and extra blankets, or you may rent these from Omega for a small fee. Dorms are small, private sleeping rooms with a shared bath. They are located uphill from mid-campus. Dorms have Wi-Fi and air-conditioning and are heated. We make every effort to house guests in single-gender dorms; however, depending on enrollment, dorms may be coed.

### Tent Cabins

These accommodations are roomy tents on platforms with two single beds, electricity, screen windows that can't be closed, and no heat. **Omega does not provide linens for tent cabins.** You must bring your own sheets or sleeping bag, blanket, towels, and pillow, or you may rent these from Omega for a small fee. Bathhouses with showers are nearby. Sites are located in a wooded area uphill from mid-campus. Please do not store food in tent cabins unless it is in a secure container.

### Camping sites

Tent sites are located near the lake or in wooded areas uphill from mid-campus. You must provide your own tent and all appropriate camping gear. Stoves and campfires are not allowed; meals are included in the camping fee. Bathhouses with showers are located near camping areas. Recreational vehicles may not be used in camping areas or parking lots. Please note: campsites are pre-assigned by Omega. Please do not store food in tents unless it is in a secure container.

### Commuter/Facility Fee

Participants who do not stay on our Rhinebeck campus pay a required **Commuter/Facility Fee**. This fee provides you with three meals per day in our Dining Hall; access to evening activities and daily open classes; lake swimming; kayaking; and use of the sauna.

### Special requests

We make every effort to honor special accommodations requests; we cannot guarantee that all requests can be fulfilled.

## Traveling to Omega

**The Omega campus is located in the countryside, southeast of the town of Rhinebeck, New York, about 90 miles north of New York City.**

### By Car

Omega is located at **150 Lake Drive, Rhinebeck, NY 12572**. For the safety of our local community, **please do not use a GPS to get to Omega**. Please follow the directions below.

#### From the North/East

Take I-91 South to I-90 West (Mass. Pike). From I-90 take the Taconic State Parkway South about 40 miles. Exit at Bull's Head Road (Route 19) and turn left at the stop sign (west). Go 2 miles to Centre Road (Route 18) and turn left. See "On Centre Road" at top right of the next column.

#### From NYC/Long Island

Take the Saw Mill River Parkway to the Taconic State Parkway North. Exit at Bull's Head Road (Route 19) and turn left at the first stop sign, then left again at the second stop sign so that you drive over the parkway (west). Go 2 miles to Centre Road (Route 18) and turn left. See "On Centre Road" at top right of the next column.

#### From the North/South/West

Take I-87 (NYS Thruway) to Exit 19 (Kingston). At the traffic circle, take the first right (Route 28 West toward Pine Hill). Go .25 miles and turn right on Route 209 North to the Rhinecliff Bridge, about 5.2 miles. Cross the bridge (Route 209 becomes Route 199). Go 1.4 miles to the second stoplight and turn right (Route 9G South). Follow this road 4.7 miles to Slate Quarry Road (Route 19). Turn left and go 4.3 miles to Centre Road (Route 18). Turn right. See "On Centre Road" at top right of the next column.

#### From Rhinebeck, Hyde Park, Poughkeepsie

From Route 9G South, turn left; from Route 9G North, turn right on Slate Quarry Road (Route 19). Go 4.3 miles to Centre Road (Route 18) and turn right. See "On Centre Road" at top right of the next column.

### On Centre Road

Go 2.3 miles to the first four-way intersection. Turn right on Fiddler's Bridge Road. Go 1.2 miles and turn right on Lake Drive. Continue .75 miles to Omega's campus; signs will direct you to parking and registration.

### Omega Ride Share

Looking for an economical, environmentally sound, and fun way to travel to Omega? Sign up for our Ride Share program at [eOmega.org/rideshare](http://eOmega.org/rideshare).

### By Plane, Train, or Bus

#### Plane

By air, the best connections to Omega are from Stewart Airport in Newburgh, New York; Albany Airport; or JFK, LaGuardia, or Newark airports in the New York City area. From Stewart Airport, Omega offers limited shuttle service or you may take a taxi. There is no direct connection to Omega from Albany, JFK, LaGuardia, or Newark airports. From New York City airports, you must arrange transportation into Manhattan to get a bus or train.

#### Train

Take Amtrak to Rhinecliff, New York; major connecting points are New York City (at Penn Station), Albany, Toronto, and Montreal. Call **800.872.7245** for information. Omega's shuttle service can pick you up in Rhinecliff.

#### Bus

You may take either Omega's New York City charter bus (see below), or the Shortline bus from Port Authority Bus Terminal. For Shortline call **800.631.8405** or **201.529.3666**. Take the Shortline bus to Rhinebeck. Our shuttle service can pick you up at the Beekman Arms Inn.

### Omega Transportation Services

To request Omega Transportation Services, call **800.944.1001**. Full payment is due when reservations are made. **Please see transportation cancellation policy on the back page.**

#### Rhinebeck/Rhinecliff Shuttle Service

Our shuttle service makes pick-ups in Rhinebeck (at the Beekman Arms Inn on West Market Street) or Rhinecliff (at the Amtrak Station) on Fridays and Sundays approximately once every hour from **1:30-6:30 p.m.** Return service to the Beekman Arms and the Amtrak Station departs Omega every hour from **1:00-6:00 p.m.** on Fridays and Sundays. Call for availability when workshops begin and end on other days. The fee is \$20 per person. Call **800.944.1001** or **845.266.4444** for schedule and to make reservations for this service.

#### New York City Charter Bus

An air-conditioned Coach picks up passengers at **4:15 p.m.** Fridays and Sundays at Port Authority Bus Terminal at 40th and 8th Avenue (625 8th Avenue) and brings passengers directly to Omega from Trailways Gate 24. Return trips to New York City depart Omega Sundays and Fridays at **1:15 p.m.** and arrive in New York City by **4:15 p.m.** The fee is \$45 each way. Charter bus service is not available before May 29 or after October 9.

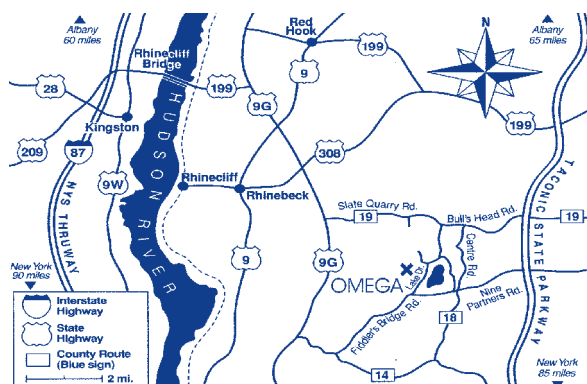
#### Stewart Airport (Newburgh) Van Service

Pick-ups are Friday and Sunday at **2:30 p.m.** and **6:00 p.m.** curbside, outside the baggage claim area. Return trips to Stewart Airport depart Omega Sundays and Fridays at **1:15 p.m.** Travel time is approximately 1 hour and 15 minutes. The fee is \$45 each way. Shuttles may depart earlier if all passengers are accounted for. Please call to check schedule and availability before making reservations.

#### Taxi/Limo Service

For Rhinebeck or Rhinecliff, call Red Hook Taxi at **845.758.1478**, or Rhinebeck Taxi at **845.876.6600**. For airport service, call DelRoy Taxi at **845.452.1222**, or PLS Limo at **914.993.0900**. Visit [eOmega.org](http://eOmega.org) for a more comprehensive list.

**Note: Reservations are required for all Omega transportation services. Seats sometimes sell out; please book early.**



## Questions About Registration, Accommodations, or Transportation?

Please visit [eOmega.org](http://eOmega.org), or call **800.944.1001**.

Monday through Thursday  
**9:00 a.m.–5:00 p.m. EST**

Friday and Saturday (Saturday hours begin April 18)  
**10:00 a.m.–5:00 p.m. EST**

For other questions, if you need to reach us during other hours, or to contact a staff person, please call **845.266.4444**.

### Cancellations/Refunds

#### Refund

Refunds are available (less a \$50 processing fee) up to eight days before your program or stay.

#### Credit

Nonrefundable credit toward a future Omega program or stay (less a \$50 processing fee) is available if you give notice between seven and one day(s) before your program or stay. Credit may be applied to any Omega program or stay for one year following date of issue.

#### NYC Charter Bus/Stewart Van/Rhinecliff Shuttle

A refund is available if you give notice of cancellation at least three days (72 hours) in advance.

#### Travel Insurance

Omega strongly recommends you contact your travel agent to purchase travel insurance in the event that you need to cancel or change your travel plans. Visit [eOmega.org/insurance](http://eOmega.org/insurance) for more information.

## Tell Us What You Think

Your feedback is important to us. Shortly after you return home, you will receive an email survey about your stay. We read each feedback form and put your suggestions to use whenever we can.

## Participant Statement

Be sure to review the attached participant statement. If you have questions regarding your statement, please call **800.944.1001**.

## Join Our Seasonal Community

Are you interested in joining Omega's seasonal community? To find out more about our seasonal opportunities, visit [eOmega.org/joinus](http://eOmega.org/joinus) or email us at [pac@eOmega.org](mailto:pac@eOmega.org) for an information packet and application.



# OMEGA

150 Lake Drive • Rhinebeck, New York 12572

**800.944.1001 • [eOmega.org](http://eOmega.org)**

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



Please be aware that while you are attending a program, Omega Institute may be taking video or photographs of workshop and R&R participants. Some of these videos or photographs will be used by Omega in its catalogs, brochures, website, newsletters, social media, or other promotional or informational pieces. By attending Omega programs, you agree that Omega may take videos or photographs that include your image and that such videos or photographs may be used by Omega for promotional and informational purposes. Individual audio or video recordings of classroom programs or scheduled campus events are not permitted.



## TREAT YOURSELF

Enhance your stay with an Omega  
Wellness Center service.

### Feel Good

Health and healing take place in your body, mind, and spirit. The Omega Wellness Center offers a wide range of options designed to help you on your path to a healthy life. Pamper yourself with a luxurious facial, relax with a massage, or dive deeper into your healing journey with one of Omega's unique consultations.

Appointments are available throughout the day and evening, including outside workshop hours and during meal times, so there's sure to be a time that works for you.

Omega Wellness Center services include:

- Bodywork
- Foot Work
- Wellness Sessions
- Energy Work
- Skin Care
- Soul Focus

### Wellness Center Reservations

Phone Reservations **800.954.0082** • Open Daily: **9:00 a.m.–6:00 p.m.**

Main Office Wellness Center Reservations Desk: Open daily

Wellness Center Office: Open daily

We offer 25-, 50-, and 80-minute sessions. Services range in price from \$55–\$205. A major credit card is required at time of booking and will be charged prior to your appointment. We require 24-hour notice for all changes and cancellations.

### Location

The Omega Wellness Center is located beyond the Main Hall on the path through the center of campus, just above the sauna.

For a complete list of Wellness Center services, visit [eOmega.org/feelgood](http://eOmega.org/feelgood).