

FOR IMMEDIATE RELEASE
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Omega Opens Doors to All with Announcement of 2013 Scholarship Opportunities

Omega Awards over \$200,000 to Individual Applicants

RHINEBECK, NY – Omega Institute for Holistic Studies, a beautiful 200-acre travel destination in New York’s Hudson Valley, today announced it will award several scholarships across a broad range of lifelong learning opportunities. Each year, Omega opens its doors to more than 23,000 visitors for programs that cultivate lifelong learning, inspired living, and community building. Annually, Omega awards more than \$200,000 in full and partial [scholarships](#) to qualified applicants with limited finances or special needs, including scholarships for women, educators, veterans, teens, and breast cancer patients and survivors.

“At Omega, we believe that the benefits of a holistic education should be available to everyone. We also recognize that what is affordable for some will not be for all. We are committed to providing financial assistance for qualified individuals who could benefit from one of the many learning opportunities that Omega offers,” said Skip Backus, chief executive officer at Omega.

2013 Scholarship Opportunities (in order of application deadlines):

A Workshop for Young Women July 26–28

The Omega Women’s Leadership Center is offering scholarships to young women, ages 18 to 29, who are interested in attending the workshop, *Say What You Mean, Be Who You Are*, led by Rachel Simmons, author of best-selling books *Odd Girl Out* and *The Curse of the Good Girl*. Participants will have the chance to sharpen their emotional intelligence by exploring self-awareness, practicing communication skills, and setting future goals in a fun and supportive environment. [Application Deadline: June 14](#)

Mindfulness & Education Conference August 16–18

Omega has received generous grant support from the 1440 Fund, an advised fund of the Silicon Valley Community Foundation, to provide scholarships for the *Mindfulness & Education Conference: Bringing Mindfulness Practice to Children Grades K-12*. Scholarships are available for teachers, educators, and school administrators who want to cultivate their own mindfulness practice for stress relief, presence, and emotional balance, and learn how to apply these skills in a classroom setting. [Application Deadline: June 14](#)

A Women’s Leadership Intensive: Become the Kind of Leader the World Needs Now September 15–20

The Omega Women’s Leadership Center is offering scholarships to this 5–day workshop led by teachers Sharon Salzberg, Carla Goldstein, Mallika Dutt, Leslie Salmon Jones, and Michele

Bertran. Any woman interested in using their leadership to create a caring, just, and sustainable future is encouraged to apply. Guided by experts, participants will focus on four women's leadership essentials: values; voice; vision; and voyage. **To apply, email MicheleB@eOmega.org by July 1, 2013**

Women & Power Retreat: Find Your Own Strength September 20–22

The Omega Women's Leadership Center is offering scholarships for a two-day retreat led by teachers Brené Brown, Elizabeth Lesser, Carla Goldstein, Joan Halifax Roshi, Sarah Peter, Chung Hyun Kyung, and Ai-jen Poo. Keynote talks, experiential sessions, music, movement, spoken word, and time for contemplation will allow participants to connect with their authentic voice and define for themselves what it means to be strong. **Application Deadline: July 1**

Omega Teen Camp July 14–August 18 (multiple sessions)

Omega Teen Camp, located in Holmes, New York, is all about fun, connection, self-awareness, and self-expression. Teens ages 13–17 will create new memories with teens from all walks of life while choose from more than 50 activities each day. Scholarships are available for three sessions of Teen Camp: Session B (July 28–August 10); Session C (August 11th–August 17th); and Session E (July 14th–August 17th). **Application Deadline: July 5**

Where We Go From Here (OCSL Conference): October 4–6

Thanks to generous support from donors, the Omega Center for Sustainable Living is offering a limited number of commuter scholarships to individuals who would like to attend Where We Go From Here: Opportunities & Solutions for an Interdependent World. Join extraordinary leaders in the field to explore creative solutions to the current challenges in economic, environmental, and social systems. **Application Deadline: August 26**

Healing From Military Trauma: A Retreat for Military Women & Women Veterans October 20–25

Significant combat stress and trauma can cause anxiety, depression, homelessness, unemployment, and substance abuse. With the current epidemic of sexual assault in the military, the wounds of war often run deeper and longer for military women and women veterans. This women-only retreat for the military-veteran community (active duty, reserve, guard, and all branches of the uniformed services) builds a safe and healing environment to explore facing and releasing traumatic stress and increasing resilience. **No Application Necessary: This program is underwritten and open to all active or inactive duty military women and women veterans. The participant is only responsible for \$75 of the tuition, room, and board.**

2013 United Breast Cancer Foundation Scholarship Program

Omega has received generous grant support from UBCF to provide financial assistance to breast cancer patients and survivors who would like to participate in classes, seminars, and other learning opportunities focused on holistic healing, health, and well-being. These scholarships cover tuition, meals, and accommodations for a weekend workshop. **Application Deadline: Rolling. Applications are due four weeks before a workshop begins.**



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For general scholarship questions, please email Erin Lantz, ErinL@eOmega.org, or call 845.266.4444, ext. 166.

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 200 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

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