

RENTALS  
GUIDE

OMEGA

# Host Your Next Gathering

at Omega Institute for Holistic Studies

Purpose-built facilities  
for strategy, connection, and renewal



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150 Lake Drive  
Rhinebeck, NY 12572  
[eOmega.org/campus-rentals](http://eOmega.org/campus-rentals)







# Meet. Play. Stay.

Omega Institute is a trusted destination for lifelong learning. For nearly 50 years, Omega has created an environment for meaningful transformation on the personal, organizational and societal levels. Now, we invite you to bring your community to our campus in New York's Hudson Valley. Nestled on 250 acres of forest and lakefront, Omega offers a one-of-a-kind setting for retreats, workshops, offsites, and gatherings.

Omega is where nature, learning, and purpose come together. It's a chance to do your most important work in a setting that reflects your values.

We offer campus rentals to individuals, entrepreneurs, and organizations committed to community, sustainability, and service. With all-inclusive accommodations, on-site dining, and a variety of meeting spaces, Omega provides the structure and support you need to create a meaningful and memorable experience for your group.

# About Omega

Founded in 1977, Omega Institute is a nonprofit organization dedicated to awakening the best in the human spirit. We've welcomed more than a million people to in-person and online programs exploring personal growth and social change.

As stewards of our Hudson Valley campus, we've created an environment that fosters growth, healing, and lifelong learning—and that same care shapes how we host groups.

When you rent space at Omega, you're part of a larger effort to cultivate individual and collective well-being.









# Campus Amenities

Omega supports a range of experiences—from small leadership circles to full-campus gatherings. Our campus encourages participants to slow down and settle into a rhythm that supports learning, creativity, and healing.

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*“I regularly go to Omega because of the way it makes me feel. The campus is a magical place, deep in nature where you walk to a beautiful meditation hall, yoga class, or Tai Chi by the lake. I feel so cared for eating organic wholesome food, a huge selection.”*

—Terry Fitzgerald, Raleigh, N.C.

# Campus Map





# All-inclusive Accommodations

Simple comforts surrounded by nature

## All housing includes:

- Linens and towels
- Proximity to meeting spaces, trails, and communal areas
- Nourishing meals served in our dining hall
- Optional amenities (see the full list on page 13)



# Campus Stays

Omega offers simple, private, and shared lodging to accommodate gatherings of all sizes and needs. Choose the right housing for your group or allow them to self-register knowing you're just steps away from your meeting spaces and amenities.



## **Single or double cabins with private bathrooms**

Great for facilitators, group leaders, or guests seeking quiet and privacy

## **Shared halls with shared bathrooms**

Dorm-style housing with one twin bed per room

Shared hall bathrooms with locking doors (one guest at a time)

Ideal for creating a sense of community among group participants

Cost-effective and practical for larger gatherings

## **Accessible Lodging**

ADA-compliant rooms available upon request

Near central pathways and dining hall for ease of movement

## **Simple Group Booking**

Lodging can be coordinated per participant or block-booked by the organization.

The Omega team will help you plan room assignments and align accommodations with your program structure. We offer support for check-in, group communications about your stay, and on-site guest services.

*Note: Early booking is encouraged, especially during peak season, to ensure the widest range of options.*

# Dining Hall & Meal Services

**Nourish Your People. Fuel Your Purpose.**

Omega's communal dining hall is more than a place to eat—it's where conversations flow, ideas spark, and community deepens. For rental groups, our food services provide convenience, consistency, and care.

While we're unable to accommodate extensive catering requests in the classroom, our team is glad to work with you on special meals, snacks, or beverages that directly support your group's needs. We appreciate your understanding and encourage that you keep requests focused on what's essential to your gathering.



## **What's Offered:**

### **Three daily meals**

Self-serve buffet dining for breakfast, lunch, and dinner in our welcoming dining hall.

### **Fresh cuisine**

Our chefs craft mostly plant-based meals with seasonal, local ingredients and global flavors.

### **Dietary accommodations:**

Vegan, gluten-free, and common-allergen-free options are available at every meal to ensure every participant feels cared for at mealtime.

### **Spacious seating:**

Indoor and outdoor options available, with capacity to seat large groups together or in smaller clusters.



# Classrooms & Meeting Spaces

## Classroom Types

Our campus features 10 meeting rooms ranging from intimate lodge-style classrooms to larger, fully equipped halls. Each space is unique—chosen to best suit your group's size and needs.

Most rooms are tucked into the trees or surrounded by gardens, allowing your group to stay connected to the natural setting even while indoors.

If your group prefers to meet outside, or add outdoor breakouts to the day, we offer a variety of serene and inspiring settings including covered patios, lakefront lawn for walking meetings, fire circles, etc.

- Host groups from 10 to 550 participants.
- Meeting spaces are configurable for classroom, open-floor, and small group needs.
- Standard furniture includes chairs, tables, and white boards.
- Meditation cushions, yoga mats and props are available by request.

## AV & Tech Support



Projectors, sound systems, microphones, and large monitors are available.



Wi-Fi is available in all classrooms and wired internet connection available on request.



On-site staff support for setup and troubleshooting.



Select spaces can support hybrid (in-person and virtual) or recorded programming with advance coordination.



## Up to 35 guests

Ideal for panel discussions  
or brainstorming



## Up to 225 guests

Ideal for workshops  
and trainings



## Up to 550 guests

Ideal for conferences or  
all-hands meetings

# Make it an Omega Experience

Beyond your scheduled programming, Omega offers your participants opportunities to rest, explore, and connect with themselves, each other, and the natural world.





# Included in Your Rental:



## Open Classes

Invite your group to move and reflect with daily classes in yoga, tai chi, meditation, and creative expression (schedule varies).



## Omega Center for Sustainable Living

Our award-winning OCSL demonstrates regenerative design in action. Free tours of the Eco Machine™ are offered weekly and by appointment.



## Wellness Center

Your guests can unwind by booking treatments from our expert practitioners offering services including massage, acupuncture, energy work, and more. Treatments can be prepaid and scheduled for your group or paid for on an individual basis.



## Sports & Recreation

Enjoy tennis, pickleball, or basketball on our outdoor courts. Or, borrow Art Bags for creative play. Equipment is available at no charge.



## Long Pond Lake

Kayak or simply relax lakeside. The waterfront is a sanctuary for quiet contemplation, lawn games, and more.



## Sanctuary & Yearning Pond

Perched on a wooded hill, the Sanctuary is the spiritual heart of Omega. Experience tranquility in this beautiful space.



## Bookstore, Café & Library

Outside of your agenda, your participants can sip a latte on the Café deck, browse the Omega Bookstore, or settle into a cozy nook of the Ram Dass Library, home to 7,000 holistic titles.



## Revolving Art Exhibits

Discover curated art exhibits in the Lobby Gallery at the Omega Center for Sustainable Living (OCSL) and in other unique locations across campus.



## Evening Entertainment

Evenings come alive with concerts, sample workshops, and cozy gatherings in the Café.

# Planning at a Glance

Here's what to consider as you begin planning your gathering at Omega.





## Availability

Our rental season runs from spring through late fall (typically May through October). Our arrival days are normally Sundays and Fridays.

## Group Size

Omega is best suited for groups of 10 or more. We can accommodate gatherings of as many as 300 participants (with housing) and 500+ with on campus and commuting guests. We do offer exclusive campus access with advance planning.

## Accessibility

Omega welcomes guests of all abilities. While our campus includes varied terrain that may be challenging for those with significant mobility limitations, we offer golf cart transportation, ADA-accessible lodging, classrooms, and key communal spaces.

We’re happy to answer specific questions and invite organizers to visit in advance to determine if our campus is the right fit for their group’s needs.

## Rates

Rates vary depending on group size, time of year, meal and lodging choices, meeting room type and availability.

[Submit your request for a custom price proposal here.](#)

### Getting Here

We’re located in Rhinebeck, NY. Omega is easily accessible by car, Amtrak, or Metro-North. Shuttle coordination is available for large groups with advance notice.

#### In The Region

60 miles	Albany, NY
85 miles	Hartford, CT
90 miles	New York City
150 miles	Boston, MA
160 miles	Philadelphia

#### Transit

6 miles	Rhinecliff via Amtrak, Metro-North
18 miles	Poughkeepsie via Amtrak, Metro-North
100 miles	LaGuardia airport
104 miles	JFK airport
105 miles	Newark Liberty International airport

## *A Rental with Purpose*

**Learn more  
or book your rental today:**

📞 845.266.4444

✉ [rentals@eOmega.org](mailto:rentals@eOmega.org)

🌐 [eOmega.org/campus-rentals](https://eOmega.org/campus-rentals)

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For nearly 50 years, Omega has been a trusted gathering place for people seeking personal growth, social change, and collective well-being. Every rental helps sustain this mission, supporting scholarships, sustainability initiatives, and the transformational programs that make Omega a force for good.

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