

FOR IMMEDIATE RELEASE

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OMEGA NOW OFFERING SELECT COURSES ONLINE & LIVE VIDEO STREAMING EVENTS

*Study With World-Class Teachers From the Comfort of Home:
Pema Chödrön, Brené Brown, Eben Alexander, Mark Nepo & More*

RHINEBECK, NY—Omega Institute, the nation's most trusted source for wellness and personal growth, today announced a new lineup of programs with world-class teachers is becoming available at eOmega.org. [Omega Online Learning](#) is now offering a handful of easy-to-use, affordable, and community-rich digital experiences, including select online courses and live video streaming events, to create unique learning opportunities—all from the comfort of home.

“For more than 35 years, Omega has offered diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Now, you can get a taste of Omega's unique approach to lifelong learning via the web,” said Carla Goldstein, chief external affairs officer at Omega.

Highlights from Omega's new online learning opportunities include:

[Pema Chödrön & Tim Olmsted, The Marks of Our Existence Live Video Stream, May 17–19](#)
(includes 60 days of On Demand access)

[Brené Brown, The Power of Vulnerability, Interactive Video Course](#)

[Eben Alexander & Karen Newell, Discover Your Own Proof of Heaven, Interactive Video Course](#)

[Mark Nepo, A Pilgrimage of the Heart, Interactive Video Course](#)

Omega has an affiliate partnership with Sounds True, an independent multimedia publishing company that embraces the world's major spiritual traditions, as well as the arts and humanities, embodied by leading authors, teachers, and visionary artists. Aforementioned online courses with Brené Brown, Eben Alexander, and Mark Nepo are in partnership with Sounds True.

Visit [eOmega.org](#) to explore articles, interviews, videos, and to register for upcoming events.

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