

FOR IMMEDIATE RELEASE
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Contact: Chrissa Pullicino
Office: 845.266.4444, ext. 404

OMEGA'S WOMEN & POWER RETREAT AIMS TO REDEFINE STRENGTH & LEADERSHIP FOR WOMEN

***Weekend Retreat to Include a Free Live Stream Opening Night:
Elizabeth Lesser in Conversation With Brené Brown & Joan Halifax Roshi***

RHINEBECK, NY—The Omega Women's Leadership Center (OWLC) today announced its biennial [Women & Power Retreat](#)—to be held September 20–22, 2013 on Omega Institute's Rhinebeck, New York campus—will focus on helping women cultivate their strength and define it in their own terms. This year's retreat will feature leading voices on the importance of combining personal development, self-care, and leadership skills as the foundation for making lasting and meaningful change, at home, at work, and in the world.

For the first time ever, the opening night will be available via a free [live stream](#). Elizabeth Lesser, cofounder of Omega and the Omega Women's Leadership Center, will discuss the importance of having an open heart and a strong backbone in life, and will lead a conversation with Brené Brown, author and research professor, and Joan Halifax Roshi, author and abbot of the Upaya Zen Center. Together, these leaders will explore whether there is a uniquely female kind of strength, how vulnerability can make us stronger, and how we can courageously walk our talk.

“Since 1977 Omega has provided an integrated approach to personal growth and social change for women at every stage of the lifespan. Over the years more than 600,000 women have come through our doors, and we've learned firsthand that women are able to live and lead with greater compassion and impact when they take time to slow down, and nurture their inner lives,” said Carla Goldstein, chief external affairs officer at Omega and cofounder of the Omega Women's Leadership Center.

Featuring an extraordinary [line up of teachers and presenters](#), the event begins on Friday, September 20 at 7:30 p.m. and ends Sunday, September 22 at noon.

Ai-jen Poo, director of the National Domestic Workers Alliance, and economist Heidi Hartmann, president of the Washington-based Institute for Women's Policy Research, will also be featured keynote speakers. Saturday evening participants will be entertained by humorist and activist, Kate Clinton, author of *Don't Get Me Started* and *What the L?*.

In addition to hearing from renowned presenters, participants will also have multiple opportunities for hands-on activities, breakout sessions, and open classes ranging from memoir writing to drumming and dance, self-defense strategies to yoga, hiking to meditation, and more.

To connect via social media, follow us on Facebook at facebook.com/OWLC.Omega and on Twitter at [@omega_institute](https://twitter.com/omega_institute). Use #OWLC when referencing the event.



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This year's retreat includes a new [Tiered Pricing option](#). For additional information, or to register, please visit eOmega.org or call 800.944.1001.

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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