

FOR IMMEDIATE RELEASE  
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## **JOIN 25 OF THE NATION'S TOP YOGA TEACHERS FOR A WEEKEND YOGA IMMERSION AT OMEGA**

### ***Being Yoga Conference Retreat Offers Opportunity for Beginners & Seasoned Yoga Practitioners to Deepen Understanding***

RHINEBECK, NY –Today, Omega Institute, one of the nation's most trusted sources for yoga education, announced its annual Being Yoga Conference Retreat will be held on its Rhinebeck, New York campus, from August 26–28, 2011. The event offers more than 50 sessions for both beginner and experienced practitioners. Sessions cover a wide range of topics and styles, and are taught by some of the nation's top teachers. Expert teaching, community activities, self-reflection, and Omega's inspiring learning environment help participants directly experience how yoga can go beyond exercise to become a way of being— a lifestyle of awareness, peace, and service.

“At Omega, we believe yoga holds tremendous potential for strengthening both individuals and the health and well-being of society,” said Carla Goldstein, chief external affairs officer and director of the Women's Institute at Omega. “As a nonprofit organization, Omega strives to model the philosophy of ‘being yoga.’ Through conscious and deliberate efforts—from the food we serve, to the teachers we choose, to the sustainability initiatives on campus—we create an environment that supports a deep immersion into yoga,” concluded Goldstein.

The weekend opens on Friday, August 26 at 7:30 p.m., with a unique program called Yoga Stories. Gurmukh Kaur Khalsa, Beryl Bender Birch, David Life, Seane Corn, and Rod Stryker give participants a rare glimpse into the life of a yogi as they share their yoga stories, personal struggles, and lessons learned from unexpected places.

Guests of Being Yoga can personalize their experience by designing their own schedule. Omega has also created special tracks for beginner, seasoned, and master practitioners, and for specific areas of focus, including asana, discussion and philosophy, meditation, and other practices that support health and well-being. In addition to classes, guests can spend time in quiet contemplation, make new friends during meals and community gatherings, take advantage of spa-like services at the Omega Wellness Center, and explore the outdoors on Omega's 195 acre campus.

Saturday evening programs include a panel discussion with Gary Kraftsow, Sandra Anderson, Sarah Powers, and Mark Whitwell on how to deepen and advance a personal yoga practice, and kirtan with Shyamdas. Kirtan is a traditional Indian musical gathering that incorporates chanting, stories, and teachings that explore “bhakti,” the yoga of devotion.

The conference ends Sunday, August 28 at noon, after a final gathering led by Pandit Rajmani Tigunait, author of 14 books and the spiritual head of the Himalayan Institute. Pandit Tigunait will close the conference with a keynote talk on yoga for lifelong development.

After the conference, Omega will convene the second annual Yoga Lineage meeting, where teachers are invited to stay for a thought leadership session to discuss the evolving field of yoga and find areas for opportunity and collaboration.

For detailed information, including teacher bios and the event schedule, or to register, please visit [eOmega.org/beingyoga](http://eOmega.org/beingyoga) or call 800.944.1001.

A limited number of media passes are available. Photography restrictions may apply. To apply for a media pass, visit [eOmega.org/press](http://eOmega.org/press).

### **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 195 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](http://eOmega.org)*

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