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April 18, 2011

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## OMEGA KICKS OFF 2011 SEASON WITH ALL-STAR LINE UP

*Nation's leading educational retreat center welcomes 500+ top teachers, including Goldie Hawn, Erin Brockovich, Bobby McFerrin, and Kris Carr*

RHINEBECK, NY – Omega Institute for Holistic Studies, a premier travel destination in New York's Hudson Valley, reopens to the public this Wednesday, with more than 350 workshops, professional trainings, and retreats scheduled at their Rhinebeck campus in 2011. Each year, more than 23,000 people from all walks of life visit Omega's beautiful 195-acre campus for programs that foster lifelong learning, inspired living, and building community.

"Omega's diverse programs inspire both personal growth and social change. As we work to cultivate our own health, happiness, and well-being, a natural outcome of this work is a sense of connection to our community and planet, and a desire to contribute to building a sustainable and compassionate world," said Skip Backus, chief executive officer at Omega. "We are proud to host more than 500 world class teachers and an exciting line up of programs designed to uplift individuals and society."

### **Sampling of 2011 Program Highlights:**

**Mindfulness & Education Conference: Bringing Mindfulness Practice to Children Grades K-12, (August 12–14):** Goldie Hawn and other leaders in mindfulness and education will show how the new field of teaching mindfulness to youth is profoundly beneficial to development. Research shows that mindfulness decreases attention deficit disorder, depression, anxiety, and hostility in children, while benefiting their health, well-being, social relations, and academic performance.

**Design By Nature: Preserving Life's Essentials—Bread, Water & Shelter (August 19–21):** The decisions we make every day, as an individual, have a monumental effect on our community and earth as a whole. Hear a number of inspiring stories from visionaries like Erin Brockovich, who brought change to their communities and beyond by making choices that preserve life's essentials.

**Circlesongs (August 28–September 2):** Join 10-time Grammy Award winner Bobby McFerrin for a rare 5-day workshop in Circlesongs, a new way to participate in the creation of music. McFerrin is joined by five coteachers, all expert improvisers and musicians, ready to guide singers of all levels, from beginners to professionals.

**Living Well With Cancer (September 23–25):** Cancer has become an ever-present part of

modern life and few diseases are more feared in our society. Yet, for many people, cancer is a wake-up call to create a new, more conscious life, with even greater meaning and quality than before. Award-winning actress and cancer survivor Kris Carr is joined by Omega's chief executive officer Robert "Skip" Backus and others who have navigated living well with and beyond cancer. This is the first time this program is being offered.

**Omega Rest & Rejuvenation Retreats (April–October):** Omega R&R Retreats are designed to help you de-stress and relax. Explore Omega's core teachings in classes exclusive to R&R Retreat guests, and enjoy all the campus has to offer.

In addition to registering for R&R Retreats and workshops with well-known teachers, all guests have the option to attend daily open classes in yoga, tai chi, meditation, and movement. Omega's Children's Program is available for children ages 4 to 12. Guests can choose from a variety of accommodations, and receive three delicious vegetarian buffet meals each day as part of the all-inclusive accommodations package.

Located just 90 miles north of New York City, Omega is open seasonally, from April through October. Guests at Omega have access to the campus library, sauna, sanctuary, lake, tennis courts, basketball court, woodland trails, beautiful gardens, free WiFi Internet access in the Omega Café, and tours of the award-winning environmental education center, the Omega Center for Sustainable Living (OCSL). The Omega Wellness Center offers a wide variety of services like massage, facials, acupuncture, and life coaching to both guests staying on campus and day visitors.

Each year, Omega awards more than \$100,000 in scholarships to qualified applicants with limited finances or special needs, including scholarships for veterans of any war dealing with post-traumatic stress disorder, and for breast cancer patients and survivors.

#### **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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