

FOR IMMEDIATE RELEASE
September 1, 2016

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Omega Awards 10 Scholarships to Contemplative Practice in Higher Education Event

Leaders in the Field to Present Proven Strategies for Educators & Administrators to Bring Contemplative Practices into College Classrooms

RHINEBECK, NY—Colleges and universities nationwide have begun integrating contemplative practices into classrooms—from yoga to contemplative reading and writing to mindful listening. Omega Institute is helping further the effort by hosting [Contemplative Practice in Higher Education](#), September 23–25, 2016, on its Rhinebeck, New York, campus. Esteemed experts, Daniel P. Barbezat, Mirabai Bush, and Rhonda V. Magee, will share the latest findings and methods of implementation with educators and administrators attending the event—including scholarship recipients from 10 schools.

“At Omega, we’ve been teaching the use of contemplative practices to help cultivate compassion and mindfulness for many years and we’re excited to see current research confirming that these practices hold tremendous potential for building resilience in individuals and society,” said Carla Goldstein, chief external affairs officer at Omega. “Omega is proud to help those working in higher education learn how to put this wisdom into practice, so more students can experience the profound benefits.”

According to the [Center for Contemplative Mind in Society](#), schools report that students are showing an increased sense of personal and professional integration, as well as improvements in cognitive, intrapersonal, and interpersonal skills. For those interested in learning more, Omega’s event will introduce contemplative practices, review the related neuroscience research on meditation and learning, and give examples of successful courses through presentations, demonstrations, and question-and-answer sessions. Continuing Education Credits are available for teachers and educators.

Event scholarships have been awarded to applicants from the following educational intuitions: Albizu University, Barry University, Brooklyn College Personal Counseling Program, The Community College of Baltimore County, Kaplan University School of Health Sciences, Massachusetts College of Pharmacy & Health Sciences University, New Jersey Institute of Technology, University of Bridgeport, University of Puerto Rico, and University of Texas at Rio Grande Valley.

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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 250 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