

FOR IMMEDIATE RELEASE  
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## **Omega Brings Top Teachers to Costa Rica for All-Inclusive Winter Learning Vacations**

*Learn, Relax & Be Inspired by Joan Halifax Roshi, Richard Leider, Joan Borysenko, Eben Alexander, John Perkins & Many More*

RHINEBECK, NY – According to the [Washington Post](#), recent studies indicate that vacations make us healthier and happier. As the winter travel season approaches, many people are seeking more than just downtime—a growing trend in travel, [learning vacations](#) pair relaxing getaways with educational opportunities. Omega Institute for Holistic Studies, a leading a destination for lifelong learning based in Rhinebeck, New York, today announced it will host 35 all-inclusive workshops between January 3 and February 7, 2015, at [Blue Spirit Costa Rica](#).

“The nature of the world we live in is often fast paced and stressful,” said Carla Goldstein, chief external affairs officer at Omega. “Finding time to pause and nurture oneself can be challenging, yet it is essential because our well-being is interwoven with the well-being of our families, communities, and society at large. Omega is proud to offer opportunities that go beyond the typical vacation, by providing tools to empower people in maintaining their vibrancy and resiliency, long after the vacation has ended.”

Omega’s winter learning vacation program spans 5 weeks and offers guests the choice between sampling a variety of workshops with different teachers (during weeks 1–4), or selecting a single workshop for a more in-depth experience (during week 5).

A few examples of the many workshops being offered during the 5 weeks include:

- Longevity & Beyond, taught by Stephan Rechtschaffen (Weeks 1–4)
- Eco-Meditation, taught by Dawson Church (Week 2)
- Relax & Write™, taught by Maia Danziger (Week 3)
- Yoga for Rejuvenation, taught by Marianela Ortiz (Weeks 3–4)
- Mindful Living, taught by Melissa Blacker and Florence Meleo-Meyer (Week 5)

Each weeklong winter learning vacation includes 7 nights’ accommodations, 3 meals per day, choice of workshops, use of facilities, and optional activities. Prices range from \$1,295 to \$3,150 depending upon type of accommodations selected, and do not include airfare or travel.

Recommended by [the Washington Post](#) and [Yoga Journal](#), Blue Spirit Costa Rica is located in Nosara, on the northwest coast of Costa Rica and was created by Omega cofounder, Stephan Rechtschaffen. The resort offers spa services, daily yoga and qigong classes, and access to the



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beach and infinity swimming pool. Guests can also explore the Guanacaste region of Costa Rica by taking advantage of excursions like horseback riding, zip line, bird watching, and more.

For detailed information, or to register, please visit [Omega Costa Rica](http://OmegaCostaRica.com) 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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