

FOR IMMEDIATE RELEASE
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Omega Brings Leading Experts in Mindfulness & Complementary and Alternative Medicine to New York City for 3 Unique Events

Omega to Host: 1-Night Event with Jon Kabat-Zinn, 1-Day Training With Jack Kornfield & 2-Day Professional Conference on Veterans, Trauma & Resilience

RHINEBECK, NY – Omega Institute for Holistic Studies, a premier destination for lifelong learning in New York’s Hudson Valley, today announced it will bring some of its top teachers to [New York City](#). Omega plans to host three separate events aimed at offering a range of health and healing perspectives to enhance well-being and resilience—from Mindfulness-Based Stress Reduction and Buddhist Psychology to complementary therapies for veterans living with post-traumatic stress.

“Omega offers an integrated approach to health and healing—combining the best of traditional and complementary perspectives from Eastern and Western philosophy, along with leading experts in the field,” said Carla Goldstein, the chief external affairs officer at Omega. “We are thrilled to return to New York City to provide tools for individual and collective health and well-being through these three uniquely important events.”

[Intimacy With Awareness: An Evening Event Exploring Mindfulness with Jon Kabat-Zinn, PhD](#)

November 12, 7:00 p.m.–10:00 p.m., at Symphony Space in New York City. This program is sold out. Jon Kabat-Zinn will also be teaching [Coming to Our Senses](#) at Omega’s Rhinebeck campus May 22-27, 2016.

[Veterans, Trauma & Resilience: What’s New](#)

November 20, 8:00 p.m.-10:00 p.m. and November 21, 9:00 a.m.-5:00 p.m., at New York Society for Ethical Culture*. A 2-day Professional Conference with Bessel van de Kolk, MD, Loree K. Sutton, MD, Theater of War, and more. Sponsored in part by the 1440 Foundation, an advised fund of the Silicon Valley Community Foundation.

[The Essence of Buddhist Psychology: A 1-Day Training for Meditators & Mental Health Professionals with Jack Kornfield, PhD](#)

December 5, 9:15 a.m.-5:00 p.m., at New York Society for Ethical Culture*.

**The views, content, and opinions expressed during this event are solely those of the presenter and are not endorsed by the New York Society for Ethical Culture and its membership.*



For more information visit eOmega.org/NYC, and follow Omega on Facebook, Twitter, YouTube, Pinterest, LinkedIn, Instagram, and Google+.

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

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