

FOR IMMEDIATE RELEASE
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Omega to Reopen Rhinebeck, New York Campus July 23rd With More Than 100 In-Person Workshops Planned Through October

Livestreams, Virtual Classes & Self-Paced Courses On-Demand Provide Year-Round Option to Learn Remotely at eOmega.org

RHINEBECK, NY—After a year-long closure in the wake of the COVID-19 pandemic, [Omega Institute](https://eOmega.org), a premiere destination for lifelong learning in New York's Hudson Valley, reopens its Rhinebeck campus July 23rd for three months of in-person workshops, conferences, retreats, and professional training opportunities through October. Additionally, Omega will continue to expand its digital offering, which has grown significantly to include access to popular workshops and many free resources, including [conversations with top teachers](#), [a podcast](#), the [Omega Online Community](#), and [more](#).

“As a nonprofit, educational institution, we have been working hard to ensure the reopening of our campus in Rhinebeck, New York. People are longing to connect, to learn, and recharge together in real time,” said Robert “Skip” Backus, chief executive officer at Omega. “We are committed to carrying forward the many lessons learned during the past year, and to be a resource for building personal and collective resilience. And we’re proud, not only to reopen our campus doors but also, to keep open the virtual doors that have expanded access to Omega for our global community online. We are profoundly grateful to our members, donors, and participants for helping to make it all possible,” concluded Backus.

Omega has made modifications to campus operations that put health and safety first, including requiring staff, teachers, participants, and visitors be fully vaccinated for COVID-19 prior to arrival; a policy the organization plans to adjust in the future based on pandemic conditions. Learn more about new protocols, and what to expect at eOmega.org/covidsafety.

In response to the times, Omega’s 2021 curriculum will aim to support people and communities in: building personal and collective resilience; healing from trauma and grief; advancing understanding and action for a more inclusive and equitable world; reimagining communities, the economy and how to work and live; catalyzing climate change solutions; and fostering joy, connection, and creativity.

A Sampling of Omega’s 2021 Program Highlights:

[Ecological Literacy Immersion Program \(8-Week Online Program\)](#) – Renowned ecological designer Connor Stedman and a team of Omega Center for Sustainable Living guest faculty guide an in-depth immersion into understanding our relationship, responsibility, and capacity for good within the living systems of our planet. (June 11–August 1)

[Veterans Yoga Retreat for Men](#) – Learn techniques to comfort the body, ease the mind, and promote healing, while being supported by a community of brothers and expert guides. (July 18–23; exclusive event for veterans by application only, [scholarship](#) deadline July 8)

[12th Annual Mindfulness & Education Conference](#) – Experts in the fields of mindfulness in education and Social and Emotional Learning explore mindfulness as a tool for social change. (July 23–25)

You Belong: A Call for Connection – A weekend meditation retreat with Sebene Selassie, a popular featured teacher on the Ten Percent Happier app. (July 30–August 1)

Freedom From Chronic Pain: A Mind-Body Approach – Discover how the release of repressed emotions can lead to a mind-body transformation, and freedom from chronic pain. (August 1–6)

Bliss Brain: The Neuroscience of Remodeling Your Brain For Joy & Resilience – Rewire the brain for happiness and creative flow with integrative health-care researcher Dawson Church. (August 6–8)

The Four Agreements For A Better Life – Best-selling author don Miguel Ruiz (via livestream) and sons teach how to apply the concepts of *The Four Agreements* in everyday life. (September 9–12)

Women & Power – For 20 years, Omega’s Women & Power conferences have nurtured and catalyzed thousands of women to Do Power Differently®. Be strengthened by community, learn about issues vital to shaping a hopeful future, and discover practices for restoring inner peace and courage. (September 17–19; free livestream of Elizabeth Lesser’s keynote Friday night)

Coming to Terms With the Full Catastrophe – A 5-day residential mindfulness retreat with the founder of Mindfulness-Based Stress Reduction, Jon Kabat-Zinn. (September 19–24)

The Moth X Omega – Celebrate the art and craft of storytelling at the first Omega StorySLAM with The Moth Radio Hour, featuring Kate Tellers and Elizabeth Lesser. (October 15–17)

R&R Retreats – Available August to October, Omega's Rest & Rejuvenation Retreats are a great way to unwind on their beautiful 250 acre campus.

Omega Conversations – Conversations with leading teachers on current events and culture, and how-to practices for building resilience, stoking creativity, and staying inspired. (Ongoing; watch for free on Zoom and Facebook Live)

Omega’s forced campus closure in 2020, created substantial economic hardship for the 501(c)(3). Omega’s quick pivot to online learning, cost-cutting, fundraising, and applying for federal assistance, narrowly paved the way toward recovery, enabling Omega to carry forward its mission to “awaken the best in the human spirit.” Constituents interested in making a donation are encouraged to visit eOmega.org/givetoday, or email development@eOmega.org for more information.

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

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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