

FOR IMMEDIATE RELEASE

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PREMIERE TRAVEL DESTINATION DRAWS THOUGHT LEADERS & CELEBRATED TEACHERS TO NEW YORK'S HUDSON VALLEY

Omega 'Campus' Extends Reach by Offering Select Programs in New York City & Online

RHINEBECK, NY – Recently featured on [ABC News' Real Biz with Rebecca Jarvis](#), [Omega Institute for Holistic Studies](#), a premier travel destination in New York's Hudson Valley, reopens to the public this Wednesday, with more than 325 workshops, professional trainings, and retreats scheduled at its Rhinebeck campus in 2014. Each year, more than 23,000 people from all walks of life visit Omega's beautiful 200-acre campus, open from mid-April through October. Omega's offerings span [six learning paths](#) and include notable presenters such as Eckhart Tolle, Alanis Morissette, Deepak Chopra, Diana Nyad, Van Jones, India.Arie, Jon Kabat-Zinn, Pema Chodron, Ted Turner, and many more.

“Omega is a place where people come for reasons big and small—to learn new skills, to find inspiration, and to connect with others who are dedicated to living a holistic and sustainable life,” said Carla Goldstein, chief external affairs officer at Omega. “We’re thrilled to continue our efforts to make Omega more accessible by bringing some of our top teachers to New York City, and continuing to develop content and learning opportunities online.”

In addition to offering more articles, videos, and online learning opportunities in 2014, Omega is also hosting [two programs in New York City](#), with renowned meditation teachers Mark Epstein and Joseph Goldstein together on May 3 and an evening with spiritual teacher Adyashanti on June 17.

Annually, Omega awards more than \$200,000 in full and partial [scholarships](#) to individuals and organizations, including those with limited finances or special needs, scholarships for women, educators, veterans, teens, and breast cancer patients and survivors. Omega also offers [Tiered Pricing](#) on select programs—allowing guests to choose one of four prices based on financial need.

Additionally, Omega offers Rest & Rejuvenation Retreats from mid-April through October. [Omega R&R Retreats](#) are designed to help people 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.

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, mostly vegetarian buffet meals each day as part of the Accommodations & Meals Package.



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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, gardens, free Wi-Fi 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.

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

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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