



**FOR IMMEDIATE RELEASE**  
March 18, 2008

Contact: Chrissa Pullicino  
Office: 845.266.4444, ext. 233

## **PEOPLE AGREE: OMEGA IS THE PLACE TO BE**

### ***Hudson Valley campus recognized as premier travel destination***

RHINEBECK, NY – New York’s magnificent Hudson Valley is widely recognized for its scenic landscapes, arts and culture, and historical significance, making it one of the most sought after vacation destinations in the country. Each year, more than 16,000 people visit Omega Institute’s 195 acre campus for restoration, inspiration, and fun. As indicated by *National Geographic Traveler*, *Philadelphia Magazine*, and many others—Omega is a travel destination not to be missed.

*National Geographic Traveler* recently included Omega in their online article “50 Top Wellness Destinations.” Husna Haq writes of Omega, “A treasure trove of classes (meditation, stress reduction, body awareness), treatments (massage, facial), and speakers (Deepak Chopra, Maya Angelou) demand return visits.”

The March issue of *Philadelphia Magazine* featured Omega in an article titled, “Trips That Will Change Your Life.” Author Lauren McCutcheon, who came for a yoga workshop, remarked on the diversity of people who come to the campus, “During my stay, I met a VIP on the New York state political scene, a grieving widow from Maine, an art teacher from an exclusive Manhattan girls’ school, an actor from California, and the conductor of a fairly renowned orchestra—each there for a different workshop.”

Recently listed in Patricia Shultz’s, *1,000 Places to See in the USA and CANADA Before You Die*, Omega is located in the heart of the Hudson Valley and offers everything needed to make a vacation in the region truly memorable. Schultz describes Omega’s Rhinebeck location as, “A perfect weekend getaway for [a] serenity seeking crowd,” and goes on to say, “One of its strongest draws is the Omega Institute.”

Omega is open seasonally, from April through October. Many of Omega’s guests attend workshops, conferences, and learning vacations, while some come just to rest and relax. Guests at Omega have free use of the campus library, sauna, Sanctuary, lake, tennis courts, basketball court, woodland trails, beautiful gardens, and Wi-Fi Internet access in the Café. Omega’s Wellness Center offers a wide variety of services to benefit overall well-being. In addition to registering for workshops with well-known visiting faculty, all guests have the option to attend daily yoga, tai chi, meditation, and dance classes.

Childcare services are available for children age four to twelve. Guests can choose several options of accommodations, and receive three delicious buffet meals each day.

**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 195 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](http://eOmega.org)*

# # #