

FOR IMMEDIATE RELEASE
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All-Inclusive Winter Learning Vacations in Costa Rica

Omega Brings Top Teachers to Blue Spirit Retreat for Seven Weeks

RHINEBECK, NY – [Omega Institute](#) is pleased to hold more than 30 workshops at Blue Spirit Retreat between January 7 and March 3, 2012. Blue Spirit Retreat, a breathtaking resort created by Omega cofounder Stephan Rechtschaffen, is located in Nosara, on the northwest coast of Costa Rica.

"Omega winter learning vacations offer a perfect balance between rest and relaxation, and opportunities to learn new tools for living with greater health, creativity, and happiness. Guests can design their own experience, choosing to do as much or as little as desired on vacation," said Robert "Skip" Backus, chief executive officer at Omega.

Each weeklong winter learning vacation is eight days and seven nights. During weeks 1–4, guests can sample from a variety of workshops with Omega's acclaimed teachers, choosing a new workshop each day. During weeks 5–7, guests choose one workshop and study in-depth with a single teacher. From yoga, mindfulness, and dance to spiritual and psychological exploration, there is something for everyone.

A few examples of the many workshops being offered include:

- Relationship as Spiritual Practice, taught by Judith Ansara and Robert Gass
- Feng Shui for Health, Happiness & Prosperity, taught by Iside Sarmiento
- Yin Yoga, Inner Yoga, taught by Annette Knopp
- The Natural Singer, taught by Claude Stein
- Living Fully in This Moment & Blue Zones Secrets of Longevity, taught by Stephan Rechtschaffen

When guests are not in their workshops, they can take an early morning yoga or meditation class, swim in the ocean or saltwater infinity pool, de-stress with a massage, enjoy healthy cuisine in the café, and explore the Guanacaste region of Costa Rica with a boat trip, river rafting and kayaking, horseback riding, or zip line adventure.

For detailed information, or to register, please visit [Omega Costa Rica](#) 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 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](#)