

OMEGA

INSTITUTE FOR HOLISTIC STUDIES

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Omega's Campus Inspires Musicians

*Randy and Marianne Sutin's Newly Released CD,
"Meditations for Percussion and Flute,"
Pays Tribute to the Beauty of Omega*

RHINEBECK, NY – Omega Institute for Holistic Studies, a pioneer in interfaith dialog, is honored to announce that renowned musicians Randy and Marianne Sutin have released a new CD, *Meditations for Percussion and Flute*, which includes a Latin-inspired song titled, "Omega Beach," and features a photograph of the Omega Sanctuary as the CD cover.

Randy Sutin, a percussionist, keyboardist, and guitarist joins his wife Marianne, a flutist, in creating a wonderful jazz compilation that draws on interfaith lyrics, and incorporates sensual sounds like running water and chimes. Omega's sprawling, 195-acre campus includes a lake, woodland trails, beautiful gardens, and peaceful walkways among its classrooms, wellness center, bookstore and café. These open spaces, and the quiet, contemplative, building known as the Sanctuary, offer guests the opportunity to unplug, unwind, and be renewed in nature. Visitors to the Omega campus can choose from more than 300 workshops and professional trainings per year. Daily optional classes are offered in yoga, meditation, dance, and tai chi.

The song "Omega Beach" was inspired by the Sutins' observation of a lakeside tai chi class at Omega. "Our musical intent was to create a suite of compositions in the form of a day's practice of yoga or tai chi. Balance, form, continuity, composition, and spiritual depth are what we believe to be the cornerstone of such and we felt the image of the Sanctuary reflected those values in their truest form," said Randy Sutin.

"Peoples' lives change when they come to Omega. Our programs are designed to help people realize and appreciate the interconnection of all beings, regardless of faith, race, gender, nationality or class," said Carla Goldstein, Director of External Affairs. "Participants often find the Omega experience inspiring and empowering, like the Sutins did. We are honored by their tribute to Omega," concluded Goldstein.

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 20,000 people to its workshops, conferences, and retreats in Rhinebeck, New York and at exceptional locations around the world.

www.omega.org

www.sutinmusic.com

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