

FOR IMMEDIATE RELEASE  
April 17, 2018

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## **Omega Announces Scholarship Opportunities to Expand Access & Enrich Its Learning Community**

*Veterans, Educators, Women Leaders, & Cancer Survivors Among Those Eligible for Special Scholarship Opportunities in 2018*

RHINEBECK, NY – [Omega Institute for Holistic Studies](#), a nonprofit organization dedicated to lifelong learning, announced today that more than \$300,000 will be awarded in full and partial scholarships to eligible applicants for more than 70 workshops taking place on their Hudson Valley campus in 2018.

“Omega is committed to modeling a holistic learning environment. We can’t achieve full participation without removing economic barriers that exist,” said Carla Goldstein, chief external affairs officer at Omega. “Our scholarship fund is creating increased access to the educational opportunities that we offer and, importantly, helping us bring a diversity of voices, perspectives, and life experiences to Omega’s learning community.”

### **2018 Scholarship Opportunities:**

**Holistic Studies (Ongoing):** Applicants to the Holistic Studies Scholarship choose from selected workshops and conferences scheduled throughout the season. (Application Deadline: Multiple)

**Women’s Leadership Rhinebeck Workshops (Ongoing):** A range of leadership learning opportunities offered by the Omega Women’s Leadership Center. Sample topics include: developing financial literacy skills, conflict resolution, visioning and risk-taking, mindfulness, resilience, public speaking, storytelling, and more. (Application Deadline: Multiple)

**Sustainable Living Workshops (Ongoing):** A variety of learning opportunities offered by the Omega Center for Sustainable Living. Sample topics include: growing food, developing personal and professional resilience, designing sustainability curriculum, making herbal body-care products, and more. (Application Deadline: Two weeks prior to each workshop’s start date)

**A Veterans Retreat for Men: Feeling Good About Ourselves (May 13-18):** A retreat opportunity for male veterans to reconnect with themselves and other veterans, share experiences in an atmosphere of mutual support, and learn stress management and emotional resilience skills. (Application Deadline: April 22)

**Healing From Military Trauma (June 10-15):** A retreat designed to address unique aspects of Military Sexual Trauma for women veterans and active duty service members. This program is made possible in part by a grant from the [Bob Woodruff Foundation](#), which is dedicated to ensuring that impacted post-9/11 service members, veterans, and their families make a successful transition. (Application Deadline: April 29)

**Mindfulness & Education Conference (June 20-22):** Leaders in the fields of mindfulness in education and Social and Emotional Learning, share tools for teaching students with diverse backgrounds, learning styles, and abilities. (Application Deadline: June 3)

**Convergence Silent MBSR Retreat (October 12-19):** An in-depth immersion in silence, meditation, and mindful movement. Expert teachers bridge contemplative practice, science, and Mindfulness-Based Stress Reduction. (Application Deadline: June 10)

**Ecological Literacy Immersion Program (July 1-27):** Offered by the Omega Center for Sustainable Living, this 4-week residential certificate program provides participants with an innovative approach to landscape and community design, to regenerate the health and well-being of people and our planet. (Application Deadline: June 17)

**Making Peace With the Earth (July 6-8):** Offered by the Omega Center for Sustainable Living, a unique opportunity to join scientist and activist Vandana Shiva to explore how a shift to earth-centered politics and economics can rejuvenate the planet and improve our own health. (Application Deadline: June 22)

**Radical Dharma Camp (July 20-22) and Radical Dharma (August 26-31):** Two workshops designed to help participants become present to the systemic suffering and injustice that resides within. Build skills and capacity to deconstruct, disrupt, and act in response to systems of suffering. (Application Deadlines: Radical Dharma Camp, July 1; Radical Dharma, August 5)

**Veterans Yoga Retreat for Men (September 9-14):** Gentle yoga, in a supportive community offers male veterans effective techniques to comfort the body, ease the mind, promote healing, and support reintegration after military service. Learn to modify postures to accommodate unique physical limitations and ailments. (Application Deadline: July 29)

**Radical Remission (September 21-23):** Explore the factors common among numerous studies of people who had complete reversal of a serious or terminal cancer diagnosis, including the choices available to you and what is possible when it comes to lasting healing. (Application Deadline: August 5)

**Veterans Yoga Retreat for Women (September 23-28):** Gentle yoga, in a supportive community offers women veterans effective skills to nourish and strengthen both body and mind, while increasing resilience and promoting healing and reintegration after military service. Learn to modify postures to accommodate unique physical circumstances and ailments. (Application Deadline: August 12)

**Drawdown Learn (October 19-21):** A 3-day collaborative event offered by the Center for Sustainable Living. Join Project Drawdown executive director Paul Hawken and his team in the critical effort to reverse global warming. (Application Deadline: October 5)

For more details on how to apply, visit [eOmega.org/scholarships](https://www.eOmega.org/scholarships).

### **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*