

# OMEGA

INSTITUTE FOR HOLISTIC STUDIES

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## **Omega Featured as One of the 1000 Places to See in USA/Canada**

*New book by travel writer Patricia Schultz on stands now*

RHINEBECK, NY – In its 30<sup>th</sup> Anniversary year, Omega Institute is proud to be featured in Patricia Schultz’s new book *1,000 Places to see in the U.S.A. and Canada Before You Die*. The inclusion by Schultz confirms what participants of Omega’s workshops, conferences, and learning vacations already know about Omega—this is a place “not to be missed.”

“People who come to Omega tell us that it is a magical place that has helped to change their lives. Omega is a unique resource—you can unplug and unwind in the beauty of the Hudson Valley while attending a cutting-edge workshop or conference,” said Carla Goldstein, director of External Affairs at the Omega Institute. “We are thrilled that Ms. Schultz has singled us out as the “nation’s largest holistic learning center,” and we look forward to welcoming those who have just discovered us as well as those who have been with us for years,” Goldstein said.

Called by Schultz a “summer camp for adults,” Omega’s main campus is situated on 195 acres in Rhinebeck, New York and is fully equipped with a wellness center offering massage, facials, state-of-the-art bodywork, and nutritional health consultations. 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. Guests can choose from a variety of accommodations and receive three delicious meals each day. In addition to attending workshops and conferences, all guests have the option to attend daily yoga, tai chi, meditation, and dance classes. Childcare services are available for children age 4 to 12.

Omega’s innovative programming includes conferences that take place throughout the United States, winter programs in Costa Rica and the Caribbean, and more than 350 workshops and conferences in Rhinebeck, New York. Renowned teachers, including Al Gore, Jane Goodall, Pema Chödrön, Deepak Chopra, Eckhart Tolle, and Bobby McFerrin, share their knowledge and inspiration with participants.

### **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. Every year, more than 20,000 people attend Omega’s innovative educational events and professional trainings. As a nonprofit organization, Omega is committed to its mission of providing hope and healing for individuals and society. [www.omega.org](http://www.omega.org)

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