

FOR IMMEDIATE RELEASE
May 26, 2026

Chrissa Santoro
845.266.4444 ext. 404

Omega Institute's 2026 Season Creates Space for Renewal in a Rapidly Changing World

More Than 300 In-Person and Online Programs Offer Learning, Rest, and Meaningful Connection

RHINEBECK, NY – [Omega Institute for Holistic Studies](#), a trusted leader in lifelong learning, is welcoming guests to its Hudson Valley campus for more than 300 workshops, conferences, and retreats during Omega's 2026 season, running through October 25. Complementing its on-campus offerings, Omega continues to expand its [virtual classroom](#) through livestream events and on-demand courses that reach a global community of learners.

“At Omega, hope is not something we wait for—it’s something we practice together,” said [Carla Goldstein](#), president and CEO of Omega. “In a time defined by rapid change, uncertainty, and constant noise, creating space for reflection, learning, and community helps people build resilience and stay connected to what matters most.”

Located on 250 acres in Rhinebeck, New York, just 90 miles north of New York City, [Omega's campus](#) is a living classroom for immersive learning, rest, and connection. Omega offers programs in wellness, creativity, personal growth, and social impact—including returning favorites such as [Arts Week](#) and [Family Week](#). Amenities include gardens, walking trails, a lake, [art exhibits](#), and the [Omega Wellness Center](#).

[Omega's All-Inclusive Stay](#) includes accommodations, meals, and access to daily classes in yoga, meditation, tai chi, and the arts for those attending workshops and [Rest & Rejuvenation Retreats](#). The full lineup of programs is available in [Omega's digital catalog](#).

As a nonprofit organization, Omega is committed to making holistic education accessible through [scholarships](#) and tiered pricing options that help broaden participation. Omega donors help underwrite [Veterans Yoga Retreats](#), covering all but \$75 of the total cost for participating veterans.

In addition to its Rhinebeck campus offerings, Omega continues to grow its [Membership](#) platform, bringing its approach to personal and collective transformation to members around the world.

From [protecting the environment](#) to supporting [women leaders](#) and expanding access to [yoga](#) and [mindfulness](#), Omega's nonprofit work creates learning experiences that help people and organizations build the capacity to effect change in an interconnected world.

To learn more about [Omega's work](#), visit [eOmega.org](#) and follow Omega on Instagram, Facebook, YouTube, and LinkedIn.

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 people to its workshops, conferences, and retreats in Rhinebeck, New York, and online at eOmega.org

###