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Omega Institute's Rhinebeck Campus Welcomes 2025 Season

More Than 300 In-Person and Online Events Invite Lifelong Learners to Reset, Recharge, and Renew

RHINEBECK, NY – [Omega Institute for Holistic Studies](#), a trusted leader in lifelong learning, welcomes guests to its Hudson Valley campus for more than 300 workshops, conferences, and retreats during Omega's 2025 season (May 23 through October). Complementing its on-campus offerings, Omega continues to expand its virtual classroom, providing [livestream events](#) and [guided courses on-demand](#) to learners around the world.

“At Omega, we believe learning is a lifelong journey—and that stepping away from the demands of daily life opens the door to new perspectives, deep rest, and meaningful renewal,” said [Carla Goldstein](#), President and CEO of Omega. “As part of our nonprofit mission, we're committed to making this kind of transformational learning accessible through [scholarships](#) and sliding-scale tuition.”

Highlights From Omega's 2025 Season Include:

- [Rest & Rejuvenation Retreats](#) (May 23 – October 26)
- [Orion Environmental Writers' Workshop](#) (June 15–20)
- [Arts Week](#) (June 29–July 4)
- [Family Week](#) (July 27–August 1)
- [Beyond Delicious: Transforming the Future of Food](#) (August 6–8)
- **Veterans Yoga Retreats**
 - [Men: September 28–October 3](#)
 - [Women: October 5–10](#)
- [The Omega Women's Gathering](#) (October 3–5)
- [Meditation Party](#) (October 24–26)

This season also features a special immersive experience celebrating the intersection of music and nature. *The Forest Within*, created by award-winning composer [Pete M. Wyer](#), invites visitors into a contemplative soundscape designed specifically for Omega's campus. Wyer's installations have attracted more than 500,000 visitors at venues such as New York Botanical Gardens, the Wild Center, Descanso Gardens, and others—but this version is uniquely curated for Omega and will be available to guests through October.

Located just 90 miles north of New York City, [Omega's 250-acre campus in Rhinebeck](#), New York, includes kayaking, hiking trails, gardens, tennis and pickleball courts, a [Wellness Center](#), and more. Omega's [All-Inclusive Stay](#) includes accommodations, meals, and daily classes in art, yoga, meditation and tai chi for registered workshop participants and R&R guests.

USA Today's 10Best Readers' Choice Awards [ranked Omega No. 4 in the category of Best Wellness Retreat Center](#) in the nation, and Omega [was twice named the nation's best yoga retreat](#) by *TimeOut* magazine.

Learn more [about Omega's nonprofit work](#), and [become a Member](#). 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. eOmega.org

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