

FOR IMMEDIATE RELEASE
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Chrissa Santoro
845.266.4444, ext. 404

Omega Announces Initial 2026 Program Lineup

Select Workshops Announced, with Hundreds More to Follow Throughout the Year

RHINEBECK, NY – [Omega Institute](#), a premier travel destination and leading nonprofit in New York’s Hudson Valley, today announced its initial 2026 program lineup. Acclaimed thinkers, innovators, creatives, and spiritual teachers will lead more than 300 programs in person and online throughout the season.

“Every year, thousands of people gain deep insights, develop fresh ideas about the world, and build community through Omega,” said Carla Goldstein, president and CEO at Omega. “We’re excited to share the opening programs for 2026 and look forward to announcing many more in the months ahead.”

Open annually from May through October, Omega’s 250-acre [Rhinebeck campus](#) is a sought-after destination for lifelong learning, workshops, and retreats. Enrollment is now open for select 2026 programs with renowned teachers such as [Brian Weiss](#), [Martha Beck](#), [Nicole Sachs](#), [Damien Echols](#), [Brianna Wiest](#), and more. Additional workshops and retreats will be posted monthly at comega.org/all-workshops.

Omega’s full roster of programs will be available online and in a print catalog, mailed in March 2026. [Reserve your free copy today](#).

Since 1977, Omega has welcomed more than one million people to grow, learn, and find a greater sense of purpose. Each year, more than 15,000 people attend programs in person, while nearly two million access Omega’s website to explore free educational content and [online courses](#). Its curriculum spans six distinct learning paths: body, mind, and spirit; health and healing; creative expression; relationships and family; leadership and work; and sustainable living.

Located just 90 miles north of Manhattan, Omega also offers [Rest & Rejuvenation Retreats](#), giving participants access to campus amenities and daily open classes in yoga, meditation, tai chi, and the arts. The [Omega Wellness Center](#) provides massage, facials, and healing arts, while campus amenities include a library, meditation sanctuary, lake, tennis and pickleball courts, basketball court, woodland trails, gardens, café, bookstore, and more. Free tours of the award-winning [Omega Center for Sustainable Living \(OCSL\)](#) are offered weekly and by appointment.

[Omega’s Membership program](#) sustains its nonprofit mission and expands its global impact. Member gifts support scholarships, community outreach, and collaborations with nonprofit peers. Membership benefits include tuition discounts, one free online course per year, savings on campus purchases, and access to exclusive articles, videos, and talks. Membership begins at \$10 per month or \$120 per year.

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



PRESS RELEASE

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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