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Omega Institute's Rhinebeck Campus Reopens, Kicking Off More Than 200 In-Person & Livestreamed Events

World-Renowned Teachers, Mission-Driven Partners, and Participants From Around the Globe Will Convene to Awaken the Best in the Human Spirit

RHINEBECK, NY—[Omega Institute for Holistic Studies](#), a leading destination for lifelong learning, spiritual exploration, and community building, reopens its Hudson Valley campus today, with [a full catalog](#) of more than 200 workshops, conferences, and retreats running through October. Now, with [virtual events, livestreams, and on-demand courses](#), Omega's experiential learning opportunities are easier to access than ever before—marking just one of the many ways the nonprofit continues to reimagine, develop, and refine how it delivers upon its commitment to provide hope and healing for individuals and society.

“If there’s one thing we’ve learned over the past few years, it’s that change is constant, but we can learn to adapt and overcome, and emerge more resilient. At Omega, we convene leading teachers across science, wisdom traditions, and creative practices to help people develop new skills to grow, thrive, and connect,” said Carla Goldstein, president and chief executive officer at Omega. “We’re thrilled to be welcoming our community of learners, thinkers, and doers back to campus for what we feel will be one of our most dynamic years of programming to date, and excited to leverage technology to expand our virtual classroom.”

From protecting the environment to supporting veterans, women leaders, and other nonprofit organizations, to bringing yoga, mindfulness, and other wellness practices to an ever-widening community of people, [Omega's nonprofit work](#) aims to create learning experiences that help people and organizations build capacity to effect change in an interconnected world.

A Sampling of 2023 Rhinebeck Program Highlights:

[Orion Environmental Writers' Workshop](#) (Jun 18–23, Cosponsored by the Omega Center for Sustainable Living)

[Arts Week](#) (Jul 2–7)

[Mindfulness & Education Conference for Educators K-12](#) (Jul 14–16, Presented by Omega Institute & Transformative Educational Leadership (TEL), with generous support from Kaiser Permanente and the California Wellness Foundation)

[Family Week](#) (Jul 23–28)

[Veterans Yoga Retreats](#) (Men's Retreat Aug 20–25, Women's Retreat Aug 27–Sep 1)

[Beyond Delicious: Transforming the Future of Food](#) (Aug 25–27, Presented by Omega Institute & The Glynwood Center for Regional Food)

[The Wellbeing Summit](#) (Sep 4–8, Presented by Omega Institute & Harlem Wellness Center in collaboration with the Wellbeing Project)

[Women & Power: Let's Talk About It](#) (Oct 6–8, an [Omega Women's Leadership Center](#) event)

Located just 90 miles north of Manhattan, Omega also offers [Rest & Rejuvenation Retreats](#), allowing participants to access campus amenities and take part in daily open classes in yoga,

meditation, tai chi, and the arts. The newly renovated [Omega Wellness Center](#) offers a wide variety of services, including massage, facials, and healing arts. The 250-acre campus also includes a library, meditation Sanctuary, lake, tennis and pickleball courts, basketball court, woodland trails, gardens, a café, store, and more. Free tours of the award-winning environmental education center, [the Omega Center for Sustainable Living \(OCSL\)](#), are offered weekly and by appointment.

Omega believes that a holistic education should be available to everyone. To increase access and help counter financial barriers, Omega offers [scholarships](#) and tiered pricing options. Additionally, Omega's community engagement efforts include a unique nonprofit retreat grant program that provides space to aligned change leaders so they can build organizational action plans, rest, and rejuvenate.

[Omega's Membership program](#) helps Omega sustain its capacity to deliver its nonprofit mission and expand its global impact. Member gifts help support Omega's scholarship fund, fuel community outreach, and fortify its support to nonprofit peers. Membership benefits include access to articles, videos, and online talks, as well as one free online course each year, tuition discounts, savings on purchases at the Rhinebeck campus, and more. Membership benefits begin at \$10 per month or \$120 per year.

Learn more at eOmega.org, and follow Omega on Facebook, Instagram, YouTube, Twitter, LinkedIn, and Pinterest.

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

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