

FOR IMMEDIATE RELEASE
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Omega Helps People Respond to Current Challenges & Opportunities Through Lifelong Learning

Awaken Your Best in 2022: From Getting Rest & Rejuvenation, to Healing Trauma, to Cultivating a Kindness Revolution: Ted Lasso Style, and More

RHINEBECK, NY— [Omega Institute](#), a premier destination for lifelong learning in New York's Hudson Valley, reopens its Rhinebeck campus May 27th for 6 months of in-person workshops, conferences, retreats, and professional training opportunities led by world-renowned teachers such as Pema Chödrön, Jon Kabat-Zinn, Justin Michael Williams, Kate Tellers and The Moth, and many more.

“The arrival of spring brings with it the longed-for promise of a new campus season and opportunities to learn and practice those things that give us reason for hope—personally and together as a human family,” said Robert “Skip” Backus, chief executive officer at Omega. “Whether you join us online or in person in 2022, we invite you to explore the many ways Omega can help you expand your possibilities.”

Additionally, in the wake of the COVID-19 pandemic, Omega has expanded its [digital offerings](#), which have grown significantly to include online access to popular workshops and many free resources, [including conversations with top teachers](#), an award-winning [podcast](#), the [Omega Online Community](#), and more.

A Sampling of Omega’s 2022 Program Highlights:

[An Online Weekend Retreat with Pema Chödrön](#)

Pema Chödrön’s final appearance at Omega will be available as a livestream and on-demand for 60 days. (Note: seats for the in-person event are sold out) May 27–29

[Radical Remission: 10 Healing Factors to Change Your Life](#)

Thousands of people have overcome cancer against tremendous odds. Learn how they did it, in this workshop based on the book *Radical Remission*. June 17–19

[Cultivating a Kindness Revolution: Ted Lasso Style](#)

Gather with a team of renowned teachers and *Lasso* fans to help cultivate a kindness revolution in our homes, schools, workplaces, communities, and countries. July 8–10

[The Moth X at Omega](#)

The Moth’s first appearance at Omega will celebrate the art and craft of storytelling. Tell your true personal story at the first Omega StorySLAM. July 22–24

[Mindfulness in Education Teacher Training](#)

Gain skills and confidence to bring the benefits of mindfulness to kids in grades K-12. August 21–26

Radical Dharma Camp: The Truth at Home

This immersive experience is designed to gather and connect people already committed to implementing racial justice and anti-oppression interventions in their circles of community, identity, faith, and vocation. September 5–9

Coming Home: Indigenous Wisdom Tools for Restoring Self, Community and the Earth

Sponsored by the [Omega Center for Sustainable Living \(OCSL\)](#), this weekend conference features Indigenous leaders and activists working to preserve life and build a better future. October 14–16

Now & Noteworthy

Get to know Omega's Now & Noteworthy faculty, in 12 smaller workshops, led by 16 exceptional teachers.

R&R Retreats

Available now through October, Omega's Rest & Rejuvenation Retreats are a great way to unwind on their beautiful 250-acre campus.

Omega Membership

Learn, connect, and be inspired while helping Omega advance meaningful change in the world.

For more information visit eOmega.org, and follow Omega on Facebook, Twitter, YouTube, Instagram, 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 more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

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