

FOR IMMEDIATE RELEASE
September 17, 2025

Chrissa Santoro
845.266.4444, ext. 404

Omega's Meditation Party Draws Hundreds to the Hudson Valley for a New Take on Retreat

***Dan Harris, Sebene Selassie, and Jeff Warren Return October 24–26 for
Omega's Most Anticipated Mindfulness Gathering of the Year***

RHINEBECK, NY – [Omega Institute](#), a leading destination for lifelong learning and personal growth, will once again host one of its most popular workshops, [Meditation Party: Reckless Conviviality With Mindfulness Superfriends](#), October 24–26, 2025. Now in its third consecutive year, the 3-day gathering brings together best-selling authors, acclaimed teachers, and hundreds of participants for an energizing weekend of community and practice on Omega's 250-acre [Rhinebeck campus](#).

"We live in a time filled with distractions, stress, and division. Mindfulness meditation helps us meet real life with more ease because it gives us the space to respond rather than just react. We know that many people feel they don't have the time, don't really understand what meditation is, or they're intimidated to begin on their own. That's why this weekend at Omega we'll break through self-doubt together and discover how meditating in community can be fun—approaching it in a supportive, lighthearted environment where we don't take ourselves too seriously," said journalist and *10% Happier* author [Dan Harris](#).

At this year's Meditation Party, Harris is joined by meditation teacher and *You Belong* author [Sebene Selassie](#); meditation teacher and journalist [Jeff Warren](#), coauthor of *Meditation for Fidgety Skeptics*; and, for one day only, hip-hop artist and meditation teacher [Born I \(Ofosu Jones-Quartey\)](#), whose mantra "You Are Enough" has inspired audiences worldwide.

"Many people practice meditation alone, but there's something powerful—and joyful—about doing it together," said Carla Goldstein, president and CEO at Omega. "Meditation Party is a weekend where people can deepen their practice, try new approaches, and feel the power of meditating in community. This kind of experiential learning is at the heart of Omega's mission, and also part of our long-standing commitment to mindfulness."

Unlike a traditional silent retreat, *Meditation Party* is intentionally designed as a lively, communal experience. Participants can expect a mix of meditation sessions, movement, rest, and playful exploration, all aimed at helping beginners and seasoned practitioners alike deepen their practice both "on the cushion" and in everyday life.

On Saturday, October 25, Born I will lead a special sound bath experience, infusing the weekend with his unique blend of mindfulness and music.

As part of Omega's [Mindfulness Initiative](#), *Meditation Party* reflects the organization's decades-long commitment to teaching practices that support awareness, resilience, and well-being. Beginning with the pioneering work of [Jon Kabat-Zinn](#) in 1979, mindfulness has become an increasingly valued part of Omega's offerings.

Due to popularity, housing is limited and early registration is encouraged to secure a seat. To register, visit eOmega.org/workshops/meditation-party-2025

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.

#