

FOR IMMEDIATE RELEASE
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‘Omega Teachers Studio’ Returns for Season 8

Popular Virtual Workshop Series Returns with Beloved Teachers, Miranda Esmonde-White, Jillian Pransky & More

RHINEBECK, NY – [Omega Institute for Holistic Studies](#), a premier travel destination in New York’s Hudson Valley, today announced the launch of its eighth season of *Omega Teachers Studio (OTS)*, a beloved virtual workshop series designed to make Omega’s world-class learning experiences accessible everywhere. Part of [Omega Online](#), OTS exemplifies Omega’s commitment to bringing the spirit of its Rhinebeck campus into homes around the world through livestreams and on-demand programs. With an online community of more than 21,000 learners, Omega’s virtual programming continues to broaden access to lifelong learning and personal growth.

“For nearly five decades, Omega has offered opportunities for lifelong learning on our Hudson Valley campus,” said Carla Goldstein, president and chief executive officer at Omega. “Now, we’re building a bridge between our campus and a global learning community. As part of our commitment to inclusivity and accessibility, we’re proud to offer tiered pricing for all online programs.”

The new season of [Omega Teachers Studio](#) features an ongoing rollout of programming, with additional classes added weekly. These 90–120 minute virtual workshops are both instructive and interactive—streamed live from each teacher’s home studio and available on demand for 60 days after the event.

A sample of upcoming virtual Teachers Studio classes includes:

November 19: [Aging is Living: Improve Your Lifespan with Classical Stretch & Essentrics®, with Miranda Esmonde-White](#)

December 3: [Sound as Medicine: A Healing Journey, with Phyllicia Victoria](#)

January 21: [Sketchbook Journaling 101: A Daily Practice of Self-Discovery & Creative Play, with Anne Leuck](#)

February 4: [Calm, Reset & Reconnect: The Power of Pausing, with Jillian Pransky](#)

March 4: [Amplify Your Intuition: A Guided Journey to Trusting Your Inner Wisdom, with Karen Bell](#)

For more information, visit eOmega.org/onlinelearning and 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

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