

FOR IMMEDIATE RELEASE  
July 10, 2024

Chrissa Santoro  
845.266.4444, ext. 404

## Omega Recognized as One of the Top Five Wellness Retreat Centers in USA TODAY's 10Best Readers' Choice Awards

### *Omega Ranked #4 of 10Best Wellness Retreat Centers in the U.S.*

RHINEBECK, NY – [Omega Institute](#), a vibrant Hudson Valley destination for lifelong learning, spiritual exploration, and community building, has been named among the top five wellness retreats in the country by USA Today editors and readers. USA Today's 10Best Readers' Choice Awards 2024 today [ranked Omega No. 4 in the category of Best Wellness Retreat Center](#) in the nation.

[According to USA Today](#), "Wellness retreats in the United States offer a sanctuary for those seeking to rejuvenate their mind, body, and spirit. These centers—nominated by an expert panel as the best in the U.S.—provide personalized health recommendations, a diverse set of therapies, and a range of activities designed to restore balance and promote long-term well-being."

"An important part of Omega's nonprofit mission is to advance individual and collective well-being," said Omega President and CEO [Carla Goldstein](#). "At a time when so many are grappling with stress and anxiety, retreat centers like Omega offer vital tools for cultivating resilience, igniting creativity, and making a positive impact in the world. To be recognized as a leading destination for this important work is truly an honor."

The USA Today ranking comes just weeks after Omega [was named the nation's best yoga retreat](#) for the second consecutive year by TimeOut magazine. And Omega was prominently featured in a recent [Forbes report](#), which noted that Omega's workshops, training, and conferences "cater to a holistic approach to well-being, encompassing physical health, emotional balance, spiritual development, and intellectual stimulation."

"Omega Institute is a gift to the world. It not only offers access to some of the world's finest spiritual teachers and leaders; it also provides an environment of nurturing and nourishment," said [Iyanla Vanzant](#), a longtime member of Omega's faculty.

Located just 90 miles north of New York City, [Omega's 250-acre campus in Rhinebeck](#), New York, offers more than 300 in-person workshops and retreats annually from May through October, including [livestream events](#), and [guided courses on-demand](#) year-round at eOmega.org. Omega's [All-Inclusive Stay](#) provides accommodations, meals, and amenities to workshop participants and [R&R guests](#).

"The Omega Institute is a truly remarkable destination," said Omega participant Haleh Field of Shoreham, New York. "The campus is stunning, providing the perfect backdrop for taking classes, relaxing, and soaking in the beauty of the grounds. They offer an incredible variety of classes focused on growth and spirituality, each designed to enrich and inspire. The serene environment is ideal for rest and rejuvenation, with peaceful spots scattered throughout the campus to unwind and reflect."

[10Best Readers' Choice Awards](#) highlight the best of the best in contests covering categories such as destinations, food and drink, hotels, and things to do. Nominees in all categories are submitted by a panel of experts. The final set of nominees are selected by 10Best editors before being presented to the public. Readers can then vote once per category, per day, over the course of four weeks, with results being announced the following week.

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](http://eOmega.org). [eOmega.org](http://eOmega.org)*

###