Another new program we were proud to introduce this year is the Omega Veterans Leadership Retreat, designed to help professionals share information and plan the faster adoption and advance of new modalities to benefit veterans with post-traumatic stress disorder. More than 20 leading caregivers attended. Veterans themselves benefited from an annual retreat that supports the healing of not only post-traumatic stress symptoms, but hearts and minds.

In these and other programs at Omega, people are gathering together to put into action new holistic solutions to world problems. With your support, I know we can continue to build a more healing, equitable, and generative way of living together.
Creating a More Sustainable World

Omega Women’s Leadership Center Addition is Named the First Commercial Passive House in the United States

Omega has added much-needed office space for the new Omega Women’s Leadership Center (see page 4) in the most sustainable way possible. This addition to Omega’s administration building is only the second project in New York State—and the first commercial project in the United States—to be certified as Passive House. Passive House is a super low-energy building science developed in Germany in the 1990s that represents today’s highest energy efficiency standards.

Groups From Around the World Tour the Omega Center for Sustainable Living (OCSL)

During 2011, approximately 2,800 people toured the OCSL, including third-grade to graduate students, a delegation from Ecuador, architects from South Korea, and scientists from Saudi Arabia. The OCSL classroom also provided space for sustainability workshops on biomimicry and compressed air technology, as well as a master class on sustainable urban planning.

New Omega Sustainability Manager Oversees Campus Upgrades

We’re excited to announce the creation of a vital new position at Omega—sustainability manager. The sustainability manager oversees all initiatives related to Omega’s Rhinebeck campus sustainability efforts. In 2011, these efforts included the installation of solar panels to provide heat and hot water to 64 participant rooms; 383 new organic cotton blankets and 251 new organic cotton quilts; and deck chairs, tables, and Adirondack chairs made from 90% post-consumer bottle waste with no wood fibers.

Can Pharmaceuticals Be Removed From the Water Supply Naturally?

Manufacturers and consumers are depositing hundreds of millions of pounds of pharmaceuticals and personal care products into America’s waterways. After hearing researcher Emma Rosi-Marshall speak at a Cary Institute forum about cattails in the wild effectively removing two different pharmaceuticals from the water, Omega approached her about the constructed wetlands of the Eco Machine™, a component of the Omega Center for Sustainable Living that includes cattails and bulrushes.

We agreed it was a perfect opportunity to answer the question, “Can Omega’s Eco Machine™ effectively remove pharmaceuticals and personal care products from wastewater using phytoremediation, where bacteria and plants to break down and remove toxic substances from the environment?”

In the Cary Institute study, wastewater samples taken at Omega tested positive for many of the 15 most common pharmaceuticals and personal care products. During the water reclamation process of the Eco Machine™, most of those were removed. Omega is considering follow-up research to determine exactly how these chemicals are effectively removed from the water.

Omega Sustainability Challenge Grant Goal Exceeded Ahead of Schedule

Created in October 2010 with a gift of $100,000 from a board member to support the planning and creation of campus sustainability programs and initiatives, this two-year Challenge Grant required that Omega secure an additional $100,000 from private sources. We are pleased to report that generous donors contributed the funds to meet and exceed this requirement 10 months in advance of the deadline! We are deeply grateful for the generous support we received, including a $30,000 first-time gift from the McCann Foundation.

Because of Omega, I...

“While it’s impossible to express all of the ways that my brief stay at Omega impacted my life, I want you to know that it had an incredibly positive influence on me. Here are a few of the life changes I’ve made in the six months since my visit:

• Studied minimalism and put principles into action by donating a lot of stuff to local thrift stores, resulting in more livable space in my life
• Replaced soap, all-purpose cleaning spray, and toothpaste with ecofriendly, nonpetroleum-based alternatives
• Began critically evaluating my purchases in light of how much petroleum (plastic) went into packaging them, and how easy the packaging will be to recycle
• Replaced synthetic sponges, paper napkins, paper towels, and tissues with cloth
• Started getting up early to fit in 30 minutes of exercise each day

Thank you for the wholesome environment at Omega which inspired me to make these changes.”

— Suzanne, Potsdam, New York

explore more at eOmega.org/OSCL
Translating Leadership

Men and boys are free to express
women and girls are valued
advancing a future where:
We envision women's leadership
leadership can and will change
The Omega Women's Leadership
Women’s Leadership Center Is
The Launch of the Omega
Women's Leadership Center Is
approaching
The Omega Women’s Leadership
Center (OWLC) is officially
launching in September 2012. An
evolution of the Women's Institute
at Omega, the OWLC is dedicated
to the belief that women's leadership
can and will change the world for the
better.
We envision women’s leadership
advancing a future where:
• Women and girls are valued
• Men and boys are free to express
• Our global society fosters nurturing
  and mutual relationships, healthy
  families and communities, and
  a peaceful, just and sustainable
  world—for everybody.

The Omega Women’s Leadership
Center (OWLC) has received a major
challenge grant and new funding
commitments of more than $9 million
from a number of donors, including
generous support from the NoVo
Foundation and F.I.S.H. Foundation. The
resources needed for OWLC programs
will total more than $14 million over
five years. For every $1 contributed to
this initiative, Omega will receive an
additional $4.

Cofounders
Elizabeth Lesser
Carla Goldstein
Sarah Peter

Advisory Council
Isabel Allende
Jennifer Buffett
Majora Carter
Sister Joan Chittister
Eve Ensler
Sally Field
Eileen Fisher
Jane Fondा
Pumla Gobodo-Madikizela
Ubaka Hill
Pat Mitchell
Hibaqaq Osiman
Edit Schlaffer
Gloria Steinem
Loung Ung
Ann M. Veneman

With women and girls in life’s
responsibilities and joys at home,
at work, and in the world.

Omega Women’s Leadership
Center Welcomes New Staff
& Celebrates Opening of
Passive House Certified
Office Space
In 2011, the Omega Women’s
Leadership Center (OWLC)
 hired an assistant director, on-site
program manager, administrative
coordinator, and online program
manager. In June, the team held an
open house to share with Omega staff
how the OWLC is growing and
to reveal the OWLC’s beautiful,
new, sustainable offices in the
first commercial building to
be certified as Passive House
in the United States (see page
2). Longtime Omega teachers
Lyn Roberts and John Perkins
attended and offered a special
blessing.

The First Women & Power
Retreat: Leading From the
Inside Out
The first Women & Power
Retreat—a new biennial program
designed to look
within and support leaders who envision
a better world. During the 12-week
course, staff engaged in thought-
provoking presentations, experiential
exercises, and interactive discussions
presented by a variety of teachers,
including Omega cofounder Elizabeth
Lesser and social activist Seane Corn.
The OWLC also joined with Omega
Teen Camp to develop a leadership
program for young women featuring
Rachel Simmons, cofounder of the
Girls Leadership Institute.

Creating Relationships in
the World
The Omega Women’s Leadership
Center (OWLC) joined in
partnership with Women for
Women International for their Join
Me On the Bridge events in honor
of the 100th International Women’s
Day. We participated in celebrations
both at the Brooklyn Bridge and
Walkway Over the Hudson, where
Omega cofounder Elizabeth Lesser
spoke. We also reached out in
partnership with Barnard College’s
Athena Center for their Women
and Leadership Film Festival,
cosponsored the Westph Womem's
Global Summit, and cosponsored
the Sex, Power, and Speaking Truth:
Anita Hill 20 Years Later, at Hunter
College.

OWLC's online program manager
served as a panelist for Women
and Girls Matter, a day of panels
and workshops designed to look
at the obstacles and opportunities
for women and girls in filmmaking
and new media. At the Paley
Center for Media panel discussion,
Can Mothers Stop Terrorism? with
Aicha el-Wafi and Abdul Haqq
Baker, director of the OWLC, Carla
Goldstein, moderated a question-
and-answer session. Carla also
represented the OWLC at the
Daily Beast Conference, Mother’s
Move Conference in Vienna, and
TEDx Women.

excite more at eOmega.org/OWLC
A sampling of the many body, mind, and spirit workshops we offered in 2011 includes the first-time-on-campus and highly successful Centering Prayer with Cynthia Bourgeault, a senior student of Thomas Keating, founder of the centering prayer movement in the Catholic tradition. One of the top Anusara Yoga® teachers in the country, Desireé Rumbaugh, was another popular first-time teacher and Kundalini Yoga® teacher Gurmukh Kaur Khalsa and kirtan leader Snatam Kaur taught the newly created and well-received Radiant Power of Women workshop to more than 100 women. Renowned shamanic teacher Sandra Ingerman returned to Omega to join anthropologist Hank Wesselman in teaching a 21st century shamanic journey, and emerging spiritual teacher Panache Desai returned to offer Awakening techniques Level 1 training. In addition, Living Well With Cancer proved to be a timely and popular program, whose faculty included inspirational speaker, Ruth Bachman; Crazy Sexy Cancer documentary director, Kris Carr; naturopathic physician, Paul Epstein; noted artist and dancer, Gabrielle Roth; The Emperor of Maladies author, Siddhartha Mukherjee; psychologist, Lura Shoppeau; and Omega’s chief external affairs officer, Carla Goldstein, and Omega’s chief executive officer, Robert “Skip” Backus, both cancer survivors.

Workshops for Body, Mind & Spirit

Through yoga, meditation, spiritual, wellness, and personal growth retreats and workshops, Omega participants explored the intimate connection between body, mind, and spirit, and discovered new truths to unlocking their full potential.

Workshop participants discovered how their actions, big and small, can make a difference in three hands-on, low-cost sustainability programs. They learned to source and prepare food right in their own yards and window boxes with vegetable farmers Deb Habib and Ricky Baruc. Guided by former Buddhist monk and cook, Deborah Eden Tull, they learned to adopt an ecofriendly relationship with food, and with educator Audra Wolfe, they discovered how to preserve local foods for yearlong enjoyment.

This year’s Design by Nature conference focused on preserving life essentials, and participants learned how carefully choosing what we eat, where we live, and how to preserve resources can truly change our life and help us remember that we are part of a greater whole. Inspiring talks were given by environmental activist, Erin Brockovich; founder of Sustainable South Bronx, Majora Carter; producer of An Inconvenient Truth, Laurie David; director of Gasland, Josh Fox; author of Diet for a Small Planet, Frances Moore Lappé; founding principal of BNM Architects, Bob Berkebile; and visionary behind the Omega Center for Sustainable Living, Robert “Skip” Backus.

Focusing on Health & Healing

Wellness retreats, mindfulness programs, and workshops in fitness, nutrition, personal growth, and energy medicine are always popular with those looking to enhance their well-being. In 2011, participants explored mind-body healing in Dawson Church’s Emotional Freedom Techniques Level 1 training. In addition, Living Well With Cancer proved to be a timely and popular program, whose faculty included inspirational speaker, Ruth Bachman; Crazy Sexy Cancer documentary director, Kris Carr; naturopathic physician, Paul Epstein; noted artist and dancer, Gabrielle Roth; The Emperor of Maladies author, Siddhartha Mukherjee; psychologist, Lura Shoppeau; and Omega’s chief external affairs officer, Carla Goldstein, and Omega’s chief executive officer, Robert “Skip” Backus, both cancer survivors.

Dan Siegel, codirector of the Mindful Awareness Research Center at UCLA, taught a workshop on Mindsight and was part of the Mindfulness & Education Conference, along with Goldie Hawn, Sharon Salzberg, and other notable leaders in the field. The conference offered instruction for teachers, childcare providers, and parents to teach mindfulness to kids from grades K through 12. Mindfulness was also the focus for longtime Omega teachers Melissa Blacker and Florence Meleo-Meyer’s workshop, Mindfulness Tools for Living the Full Catastrophe: A 5-day Intensive in Mindfulness-Based Stress Reduction, presented for the 10th year at Omega.

Inspiring Sustainable Living

Workshop participants discovered how their actions, big and small, can make a difference in three hands-on, low-cost sustainability programs. They learned to source and prepare food right in their own yards and window boxes with vegetable farmers Deb Habib and Ricky Baruc. Guided by former Buddhist monk and cook, Deborah Eden Tull, they learned to adopt an ecofriendly relationship with food, and with educator Audra Wolfe, they discovered how to preserve local foods for yearlong enjoyment.

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Leadership at Work & in Community

Positive ways to change oneself and community were found in leadership courses, professional trainings, and continuing education programs throughout the season. Richard Leider returned to Omega to lead a workshop based on the 25th anniversary edition of his classic work, The Power of Purpose; Seane Corn, Hala Khouri, and Suzanne Sterling led their inspiring social action training, Off the Mat, Into the World®, and Shauna Ries, chief executive officer of Mediators without Borders®, empowered others to adapt effective communication and relationship skills.

We also offered professional trainings for the psychological healing of trauma, such as Transforming Trauma With EMDR with clinical psychologist Laurel Parnell and Brainspotting with creator David Grand, and trainings in the clinical application of mindfulness, such as Mindfulness-Based Stress Reduction in Mind-Body Medicine with acclaimed teachers Jon Kabat-Zinn and Saki F. Santorelli. Omega also joined with John Perkins to create, and provide scholarships for, a leadership program designed for college students, where they learned to transform the old goal of maximizing profits regardless of the environmental and social costs into a commitment to lead sustainably.
Letting Creative Expression Loose
An array of arts classes, movement workshops, performance programs, and writing retreats provided many opportunities for participants to express themselves. Guests turned inspiration into art and social action in an Omega Arts Week workshop with environmental activist Julia Butterfly Hill and fabric artist Helema Kadir, and moved out of their heads and into their bodies with Dance Your Bliss creator Rachel Fleishman. Creative Coaching founder Eric Maisel helped participants awaken their inner muse, and acclaimed poets Billy Collins, Mark Doty, Marie Howe, and Patricia Smith helped participants bring a depth of soul to their writing. We were also pleased to welcome back Bobby McFerrin and the infectiously fun choral community he creates.

Another popular music community at Omega, the Gospel Music Community said goodbye to creator and leader Sister Alice Martin, who announced her retirement after more than 15 years of teaching. “When I signed up for Sister Alice’s workshop, I expected to have fun! I did, but I also learned the lesson that community is not just the people you like to hang out with—it’s the whole community,” said one longtime participant.

Building Better Relationships
Many participants came to Omega to strengthen relationship skills in programs like couples retreats and mother-daughter workshops. We were delighted to have Harville Hendrix and Helen LaKelly Hunt teach two couples retreats in 2011. They have been teaching at Omega for more than 20 years and their retreats are as popular as ever. Joel and Kate Feldman, codirectors of the Conscious Relationships Institute, led another well-attended retreat for couples, Deepening Your Love, and mother-daughter team Sil and Eliza Reynolds continued to draw crowds for their retreats. The Gay Men Spirituality Retreat returned to Omega for its second year with Omega’s development director Brett Cobb, medium James Philip, and scholar Toby Johnson helping participants explore answers to questions such as, “How do we, as gay men, best express our innate sacredness as spiritual beings?”

Omega’s Growing R&R Program
The number of returning Omega Rest & Rejuvenation Retreat guests continued to increase dramatically. Participants relished the ample unscheduled time provided in our retreats, allowing them to enjoy the tranquility of our campus as well as all of the services available, including a special daily class designed just for our R&R guests. By helping people slow down and do less, our R&R Retreats continue to offer the opportunity to return home renewed.

Bringing Mindfulness to New York City & Washington, DC

Renowned Peace Activist Thich Nhat Hanh Speaks to Packed Audiences
Omega has hosted Thich Nhat Hanh for more than two decades, and we were pleased to bring him to a large American audience in 2011, at such a critical time in our nation’s history. The Zen master and human rights advocate spoke about peace to a full house of 1,800 in Washington, DC, and 1,900 people in New York City.

“Considering the social protests on Wall Street and at Freedom Plaza in DC, Thich Nhat Hanh’s message of compassion and mindfulness could not have been more timely. He offered us all a powerful recipe for change,” said Robert “Skip” Backus, chief executive officer at Omega.

Mindfulness in New York City
In 2011, Omega took bold steps to bring mindfulness to a greater number of people with events in New York City. Inspiring spiritual teacher Adyashanti appeared for an evening talk about liberation at the Manhattan Center, and Buddhist psychology expert Jack Kornfield and interpersonal neurobiology expert Dan Siegel presented The Wise Heart & the Mindful Brain at New York University’s Skirball Center. We also joined with Mindful.org and the Center for Mindfulness in Medicine, Health Care, and Society for a landmark gathering on the integration of mindfulness practice in American life.

Faculty, including U.S. Congressman Tim Ryan, Jon Kabat-Zinn, and other leaders in the field, explored the proven ways that mindfulness can benefit individual lives and society. Six hundred participants attended and the event reached more than 2,000 individuals worldwide via livestream in partnership with Sounds True.

The Gifts of Buddhist & Western Psychology
Omega was pleased to bring the Gifts of Buddhist & Western Psychology, an exclusive weekend program featuring three of the West’s most prominent Buddhist teachers—Jack Kornfield, Tara Brach, and Mark Epstein—to Washington, DC. In talks and a group question-and-answer session, similarities, differences, and the ability of Eastern Buddhism and Western psychology to awaken unlimited capacities for happiness were explored.
Summit Held During Service Week

First Women Serving Women Summit launched a wonderful addition to Service Week, the Women Serving Women Summit. This pilot program offered 14 organizations serving the needs and interests of women and girls the chance to convene, collaborate, and contemplate. The program supported reflective experiences and encouraged the development of new connections. Women Serving Women Summit faculty members included OWLC cofounders Elizabeth Lesser and Carla Goldstein; chief executive officer of the New York Council of Nonprofits, Doug Sauer; celebrated drummer Ubaka Hill; the interactive Hudson River Playback Theatre; and the women’s AfroCaribbean dance and music ensemble ¡Retumba!.

Leadership Center (OWLC)

This year, the Omega Women’s Leadership Center (OWLC) opened its doors to a record breaking number of guests to schedule a service, or two, or three! All Wellness Center guests were greeted by upgrades to our front porch.

On Sunday, June 19th, the library held a birthday celebration in honor of scholar and Eastern meditation teacher Pir Vilayat Inayat Khan. Personal stories about Pir Vilayat and his great contribution to Omega were shared by former students and current Omega teachers. “Pir Vilayat’s high standards of scholarship and aesthetics have always been ‘the wind beneath the sails’ of everything we do here,” said Omega cofounder Elizabeth Lesser. “I often tell people that Omega is Pir Vilayat as a place—a vitally alive, open-minded, inclusive, and exciting place of learning.”

To Service Week, the Women Serving Women Summit, the Women Serving Women Summit added a new front porch.

Ram Dass Library Brings Back the Sunday Night Series

The Ram Dass Library was pleased to announce the return of our Sunday Night Series, where speakers share their knowledge and expertise with the Omega community. Popular presentations included Elizabeth Cunningham’s dramatic reading from her novel, The Passion of Mary Magdalen, and Brett Bevell’s group energy healing session.

On Sunday, June 19th, the library held a birthday celebration in honor of scholar and Eastern meditation teacher Pir Vilayat Inayat Khan. Personal stories about Pir Vilayat and his great contribution to Omega were shared by former students and current Omega teachers.

Special Showing of Wavy Gravy’s Movie, Saint Misbehaving

Did you know that Omega’s tradition of blowing the conch shell at mealtimes was originated by countercultural icon and early Omega faculty member Wavy Gravy? Poet, clown, activist, and FUNdraser, Wavy Gravy returned to Omega’s campus in July for a screening of his new movie, Saint Misbehaving, a film the New York Times calls “an unabashed love letter to the world that defies the cynicism of our age.”

Omega Prepares New Website & Online Learning Initiative

We are pleased to announce the research and development of a dynamic new website designed to translate our mission online by providing rich and interactive content to a growing global community of more than 1.5 million annual visitors.

“As a nonprofit lifelong learning organization, Omega’s mission is to ‘awaken the best in the human spirit,’ says Carla Goldstein, chief external affairs officer at Omega. ‘At this time in history, with so much promise for advancing human development, and so much at stake, we wanted a website that could extend our reach dramatically.’

Together with the design and building of the new website, Omega has conceived an online learning initiative to deliver interactive online courses and livestream events with high-profile teachers such as Thich Nhat Hanh, Pema Chödrön, and Caroline Myss. We look forward to further developing the wealth of video and audio content we already have in our archive and delivering unique Omega experiences to our online visitors, wherever they are.

Main Hall Stage Upgrade

Generously funded by a grant to the Omega Women’s Leadership Center, Omega’s Main Hall stage has been upgraded to the Staging Concepts modular staging system. The new system gives us the flexibility to create the stage we need to deliver workshops most effectively, both in Main Hall and our other classrooms. From a low stage extending out into the audience for workshops such as the Women & Power Retreat, to a multi-tiered stage for events such as Ecstatic Chant, we are able to deliver a more visually pleasing, professional experience for faculty and participants on campus, and online. New stage dressing also offers the opportunity for a variety of color schemes and the inclusion of event banners to keep our staging looking fresh and contemporary.

Special Showing of Wavy Gravy’s Movie, Saint Misbehaving

Did you know that Omega’s tradition of blowing the conch shell at mealtimes was originated by countercultural icon and early Omega faculty member Wavy Gravy? Poet, clown, activist, and FUNdraser, Wavy Gravy returned to Omega’s campus in July for a screening of his new movie, Saint Misbehaving, a film the New York Times calls “an unabashed love letter to the world that defies the cynicism of our age.”

Omega Wellness Center Is a Growing Part of the Participant Experience

The launch of the new Omega Wellness Center microsite in the spring of 2011 helped guide a record breaking number of guests to schedule a service, or two, or three! All Wellness Center guests were greeted by upgrades to our treatment rooms. In addition, staff, providers, and guests alike enjoyed relaxing on the Wellness Center’s new front porch.
Omega Center for Sustainable Living (OCSL) Campaign Update

By the end of 2011, Omega raised $2.85 million toward the $3.2 million capital campaign goal for the Omega Center for Sustainable Living. Thanks to the many generous funders who made gifts this year, phase I of the capital campaign is within reach! New gifts to this important endeavor are deeply appreciated.

Join the Stewardship Council

Members of Omega’s Stewardship Council are thoughtful, generous supporters who donate $5,000 or more each year and contribute in many ways to Omega and our key initiatives. The council is a nongoverning body that shares the mission and values of Omega. Members are encouraged to identify mission-driven activities that they’re passionate about and have a desire to help bring to fruition. Omega’s Retreat for Veterans Living with PTSD, led each year by Claude AnShin Thomas, is a perfect example of a program greatly enhanced by the work of the Stewardship Council.

At our November 2011 café style event in New York City, Stewardship Council members engaged in active dialogue, birthing many new ideas that are helping to shape Omega’s vision for the future. The Stewardship Council is increasingly active and we encourage your participation.

Legacy Giving

Legacy gifts play a vital role in the future of Omega as we work to secure our long-term strength and impact in the world. Legacy gifts, also known as planned gifts, include bequests made in a will, beneficiary designations of a life insurance policy or retirement plan, and other ways to make a difference. Please consider making a lasting, permanent connection to Omega and our mission.

Stay Informed & Get Involved!

Stay in touch with Omega by joining the eOmega community at eOmega.org/signup. You’ll receive regular email updates about Omega programs and events, along with special discounts and invitations. You can also follow us on Facebook for a daily dose of inspiration and community. eOmega.org/FB

Each year, volunteers join the Omega staff to be a part of something larger than themselves and to work and grow alongside like-minded people. Join us as a short-term volunteer or consider spending some time on our seasonal staff. You can also join Omega’s community of supporters—the Omega Circle—for opportunities to reconnect, share, and be inspired. The first event of 2011 was held Friday, April 1 during Omega NYC, where approximately 80 supportive individuals gathered to share their passion for Omega’s vision, and more than 150 attended our third annual benefit in September on our Rhinebeck campus.

For information about all funding opportunities, contact development@eOmega.org.

Harvest in the Valley: Omega’s Third Annual Benefit Celebration

On Saturday, September 17, 2011, we hosted our third annual benefit celebration, Harvest in the Valley, where guests experienced a taste of Omega and asked themselves, “What do I choose to harvest?” The fun-filled evening featured live musical performances by the Perry Beekman Trio, as well as John Hall of the band Orleans. Omega cofounder Elizabeth Lesser and poet and writer Gloria Burgess gave inspiring talks and guests gratefully enjoyed a selection of the best local Hudson Valley food and wine, chair massages, energy healing, and tarot readings.

We wish to extend special thanks to board member and benefit chair Patty Goodwin, as well as benefit cochairs Jacalyn E.S. Bennett, Sil and Peter Reynolds, and Gail Straub and David Gershon. With their guidance and the help of all the Omega staff and volunteers, we were able to create an unforgettable evening and surpass our fundraising goals, with contributions of more than $130,000 in cash and in-kind support.

explore more at eOmega.org/donate
Omega Receives Honor From the Northern Dutchess Alliance

At their annual meeting and awards ceremony in January, the Northern Dutchess Alliance (NDA) presented Omega’s chief executive officer, Robert “Skip” Backus, with the Charting Our Course award in recognition of Omega’s long-term efforts and many successes in contributing to the vitality and economy of Dutchess County. We continued our strong relationship with NDA throughout the year, hosting both the NDA executive officer at Omega.

Omega in Local & Global Community

Omega Contributions to Local Conservation Easement

Omega was pleased to contribute $10,000 toward a conservation easement for Pleroma Farm, a diversified biodynamic farm and therapeutic retreat center located at the base of the hill where renowned Hudson River School painter Frederic Church built his home to take advantage of sweeping views of the Hudson River and Catskill Mountains. The easement also safeguards critical wildlife habitat, increasing the size of protected contiguous forest to more than 100 acres and conserving a portion of a 169-acre wetlands complex. The Open Space Institute (OSI) and Scenic Hudson partnered to protect the 95-acre farm and the Olana Partnership also contributed funds to complete this important conservation project.

Omega FoodWorks Tours Local Farms

Local produce and dairy products are important ingredients in the delicious vegetarian meals created by Omega FoodWorks. In 2011, we increased our purchasing from regional farmers and the Omega FoodWorks team took time out to visit several local farms, including Hawthorne Valley Farm (yogurt), Markristo Farm (greens), and Old Saw Mill Farm (fruit). “We’re happy and grateful to connect with our local community,” says Omega FoodWorks executive chef and general manager Bob Turner.

Rhinebeck Chamber of Commerce Business After Hours Hosted at the OCSL

Omega hosted the June 2011 Rhinebeck Chamber of Commerce Business After Hours event at the Omega Center for Sustainable Living (OCSL), where Omega’s chief executive officer, Robert “Skip” Backus, talked about building a sustainable future for the Hudson Valley and led a tour of the award-winning educational environment center and water reclamation facility. “As an important component of continuous community relations and relationship building, the event was a big success in introducing many local and regional companies to Omega and the sustainable work we do,” said Carla Goldstein, chief external affairs officer at Omega.

Omega CEO Speaks at the World’s Largest Green Building Conference & Expo

Robert “Skip” Backus, chief executive officer at Omega, attended the 2011 Greenbuild International Conference and Expo in Toronto to celebrate what’s next for green building. Backus was featured on a panel discussing reclaimed materials used in the Omega Center for Sustainable Living, one of 15 projects profiled in the Design for Reuse Primer. The process of incorporating reclaimed materials into the construction of the OCSL—cypress wood siding from a mushroom farm, interior doors from a hospital, and plywood from President Barack Obama’s inaugural stage—provides a road map for others seeking to build with reused materials.

Mothers MOVE: Mothers Opposing Violent Extremism

In June, Carla Goldstein, director of the Omega Women’s Leadership Center, helped facilitate a pioneering event in Vienna, Austria, called Mothers Opposing Violent Extremism, a conference of mothers who have been affected by violent extremism. The event highlighted the potential of mothers to create a more stable and secure future for the world. “As an important component of continuous community relations and relationship building, the event was a big success in introducing many local and regional companies to Omega and the sustainable work we do,” said Carla Goldstein, chief external affairs officer at Omega.

First Planning Retreat for Caregivers of Veterans With PTSD

Through new outreach efforts, Omega received all needed funds to produce our first planning retreat for caregivers of veterans with post-traumatic stress disorder (PTSD). During the 3-day gathering, more than 20 leaders in the field convened to share information and plan the faster adoption and advance of new modalities to benefit veterans with PTSD, including Mindfulness-Based Stress Reduction (MBSR), Trauma Releasing Exercises (TRE), Emotional Freedom Techniques (EFT), Eye Movement Desensitization and Reprocessing (EMDR), yoga, acupuncture, and more.

“I was honored and inspired to sit down with some of the nation’s most forward-thinking professionals involved in treating PTSD, and hear and learn about all the wonderful work they are doing. The Omega Institute is a paradise providing hope, healing, and inspiration to all those who experience the serenity of their campus,” concluded participant Montel Williams, Emmy Award-winning talk-show host, decorated former naval intelligence officer, and active voice for veterans.

Omega Sponsors the Speakeasy at Vermont Wanderlust Festival

Wanderlust festivals bring together yoga teachers and rock and roll in beautiful natural settings. At the 2011 Vermont Wanderlust festival, Omega proudly sponsored the festival’s Speakeasy, a series of dynamic lectures covering a wide variety of subjects related to mindful living. During the unseasonably cool June weekend, participants enjoyed warming up with free tea and kombucha while listening to speakers such as Deepak Chopra, Robert “Skip” Backus, and Majora Carter.
“Don’t ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs are people who have come alive.”

—Howard Thurman, theologian, educator, and civil rights leader

Thank You

We are deeply grateful to old and new friends who invest in Omega’s mission of hope and healing, and acknowledge their generous contributions made between January 1, 2011 and December 31, 2011. Contributions are necessary to meet program development, outreach, and community objectives, and also help to strengthen campus facilities and online learning initiatives. Each and every gift helps provide educational experiences that inspire more than 23,000 program participants to awaken to their full human potential, while caring for each other and the earth.

Omega Gratefully Acknowledges Our Sponsors & Media Partners

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- Blue Star Foundation, Inc.
- David & Candy Orinsky

Explorer
$25,000 - $49,999
- 1440 Foundation
- Dyson Foundation
- F.I.S.H. Foundation, Inc.
- James J. McCann Charitable Trust
- NOK Foundation, Inc.
- Tides Foundation
- NoVo Foundation

Benefactor
$5,000 - $9,999
- The Isabel Allende Foundation
- Tommie Copper Inc.
- Patty Goodwin
- Sheryl R. Lamb
- Renee Martin-Nagle
- Kevin & Erin Moore
- Ray Oberly
- Ophelia A. Roca & Juan J. Roca
- Safeway
- The Sea Stone Foundation
- David Sember Construction
- Frederick & Greta Smiley Charitable Foundation
- Henry C. & Phyllis Bernstein
- United Breast Cancer Foundation
- Anonymous (1)

Leader
$10,000 - $24,999
- The Dietrich Foundation, Inc./Daniel Dietrich
- Eileen Fisher Foundation
- Dr. Rita J. Freedman & Stanley Josephson
- Roy A. Hunt Foundation/Terry A. Hunt III
- Tom F. Kears
- Gary & Marian Krauthamer
- ProMindful
- YOGAaccessories.com

Collaborator
$2,500 - $4,999
- Robert “Skip” Backus
- George A. Bay
- Jacalyn E.S. Bennett & Company
- Cranial Solutions, LLC
- Melissa L. Elstein & Eric R. Katzman
- Empowerment Institute
- Gale Hayman
- Jade Yoga
- Saskia, The Keynote Coach
- Elizabeth Lesser
- Marshall & Sterling, Inc.
- Mercato
- Melissa Motz & Doug Jones
- Madeleine Newkirk
- Red Devon
- Sapphire
- John & Mary Louise Scanlan Foundation
- Solon E. Summerfield Foundation, Inc.
- Brian Weiss, MD, and Carole K. Weiss, MSW, CHt

Partner
$1,000 - $2,499
- Staci Abel
- Linda Archinaco
- Randall Arthur
- Bolton-St.Johns, LLC/Emily Giske & Brendan Baxter
- Wendy W. Brenninkmeijer
- Shelby Broughton & Nadia Conway
- Brett Cobb & Mike Cohen
- Mr. & Mrs. J.T. Compton
- Richard & Kathy Conroy
- Dr. Wayne W. Dyer
- David B. Elsbree, Jr.
- Charlotte Ford
- Gallagher Family Legacy of the Community Foundation of New Jersey
- James J. Gallagher
- Carla Goldstein & Nathaniel Charny
- Gordon Foundation/Rebecca Yaffe
- Paula & Bob Hardison
- Interlake RV Park
## Income Statement

<table>
<thead>
<tr>
<th>Year</th>
<th>Program Revenues</th>
<th>Restricted Program Revenues</th>
<th>Total Program Revenues</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$16,682,910</td>
<td>$15,026,679</td>
<td>$31,709,589</td>
</tr>
<tr>
<td>2010</td>
<td>$16,682,910</td>
<td>$17,097,560</td>
<td>$33,780,470</td>
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<tr>
<td>2009</td>
<td>$18,638,525</td>
<td>$17,956,000</td>
<td>$36,594,525</td>
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<tr>
<td>2008</td>
<td>$17,812,081</td>
<td>$17,097,560</td>
<td>$34,909,641</td>
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</tbody>
</table>

## Statement of Cash Flows

### Cash Flows Provided by Operating Activities

<table>
<thead>
<tr>
<th>Year</th>
<th>Adjustments to reconcile Net increase from activities not cash provided by operating activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>Depreciation</td>
</tr>
<tr>
<td></td>
<td>Changes In:</td>
</tr>
<tr>
<td></td>
<td>Inventories</td>
</tr>
<tr>
<td></td>
<td>Accounts Receivable</td>
</tr>
<tr>
<td></td>
<td>Donations Receivable</td>
</tr>
<tr>
<td></td>
<td>Prepaid Expenses</td>
</tr>
<tr>
<td></td>
<td>Deferred Programs</td>
</tr>
<tr>
<td></td>
<td>Tax Payable</td>
</tr>
<tr>
<td>2010</td>
<td>$672,248</td>
</tr>
<tr>
<td></td>
<td>$513,095</td>
</tr>
</tbody>
</table>

### Net Increase from Activities

<table>
<thead>
<tr>
<th>Year</th>
<th>Net Increase from Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$1,322,900</td>
</tr>
<tr>
<td>2010</td>
<td>$1,332,200</td>
</tr>
</tbody>
</table>

### Net Cash Provided by Operating Activities

<table>
<thead>
<tr>
<th>Year</th>
<th>Net Cash Provided by Operating Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$1,043,759</td>
</tr>
<tr>
<td>2010</td>
<td>$1,034,079</td>
</tr>
</tbody>
</table>

### Cash Flows from Investing Activities

<table>
<thead>
<tr>
<th>Year</th>
<th>Cash Flows from Investing Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>Mortgage Payable</td>
</tr>
<tr>
<td></td>
<td>Investments in Marketing Securities</td>
</tr>
<tr>
<td></td>
<td>Note Payable</td>
</tr>
<tr>
<td>2010</td>
<td>$894,884</td>
</tr>
<tr>
<td></td>
<td>$889,884</td>
</tr>
</tbody>
</table>

### Net Increase (Decrease) in Cash

<table>
<thead>
<tr>
<th>Year</th>
<th>Net Increase (Decrease) in Cash</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$579,084</td>
</tr>
<tr>
<td>2010</td>
<td>$1,773,443</td>
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</tbody>
</table>

### Summary

<table>
<thead>
<tr>
<th>Year</th>
<th>Cash Balance at End of Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$1,043,759</td>
</tr>
<tr>
<td>2010</td>
<td>$1,034,079</td>
</tr>
</tbody>
</table>

## Balance Sheet

### Assets

<table>
<thead>
<tr>
<th>Year</th>
<th>Cash and Cash Equivalents</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$4,059,889</td>
</tr>
<tr>
<td>2010</td>
<td>$4,059,889</td>
</tr>
</tbody>
</table>

### Liabilities and Net Assets

<table>
<thead>
<tr>
<th>Year</th>
<th>Current Liabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$4,223,215</td>
</tr>
<tr>
<td>2010</td>
<td>$4,181,762</td>
</tr>
</tbody>
</table>

### Restricted Assets

<table>
<thead>
<tr>
<th>Year</th>
<th>Restricted Liabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$811,305</td>
</tr>
<tr>
<td>2010</td>
<td>$694,607</td>
</tr>
</tbody>
</table>

### Total Assets

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Assets</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$13,111,862</td>
</tr>
<tr>
<td>2010</td>
<td>$12,503,743</td>
</tr>
</tbody>
</table>

### Statement of Financial Position

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Liabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$12,503,743</td>
</tr>
<tr>
<td>2010</td>
<td>$11,617,508</td>
</tr>
</tbody>
</table>

### Net Income

<table>
<thead>
<tr>
<th>Year</th>
<th>Net Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$1,332,200</td>
</tr>
<tr>
<td>2010</td>
<td>$1,322,900</td>
</tr>
</tbody>
</table>

### Net Increase (Decrease) in Total Net Assets

<table>
<thead>
<tr>
<th>Year</th>
<th>Net Increase (Decrease) in Total Net Assets</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$1,494,354</td>
</tr>
<tr>
<td>2010</td>
<td>$20,551</td>
</tr>
</tbody>
</table>

### Net Assets, End of Year

<table>
<thead>
<tr>
<th>Year</th>
<th>Net Assets, End of Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$14,018,649</td>
</tr>
<tr>
<td>2010</td>
<td>$12,503,743</td>
</tr>
</tbody>
</table>

### Comparative Revenues, Expenses, and Net Earnings

<table>
<thead>
<tr>
<th>Year</th>
<th>Revenues</th>
<th>Expenses</th>
<th>Net Earnings</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$17,812,081</td>
<td>$10,565,319</td>
<td>$7,246,762</td>
</tr>
<tr>
<td>2010</td>
<td>$17,097,560</td>
<td>$9,745,031</td>
<td>$7,352,530</td>
</tr>
<tr>
<td>2009</td>
<td>$18,638,525</td>
<td>$11,565,000</td>
<td>$7,073,525</td>
</tr>
<tr>
<td>2008</td>
<td>$17,812,081</td>
<td>$10,565,319</td>
<td>$7,246,762</td>
</tr>
</tbody>
</table>

## 2011 Overall Expenses

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Expenditures</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>$20,342,721</td>
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</tbody>
</table>

### Omega Institute for Holistic Studies, Inc.

Omega Institute for Holistic Studies, Inc. is qualified as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible, as allowed by the law.

The Statement of Financial Position and Activities is summarized here. A complete copy of the last annual report filed with the New York State Office of the Attorney General may be obtained upon request by writing to the:

New York State Office of the Attorney General
Chambers Business
120 Broadway
New York, NY 10271
Throughout the year, Omega employs about 70 core staff who live off campus and support Omega in a variety of managerial and administrative positions. From April through October, approximately 250 people join Omega to be part of our seasonal staff learning community. We wish to thank all staff members for joining together to offer service as compassion in action, to one another and to each and every Omega guest.

Founded in 1977, Omega Institute for Holistic Studies is the nation’s most trusted source for wellness and personal growth programs. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change.

Located on 195 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people each year to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world.

**OMEGA**

Omega Institute is a 501(c)(3) nonprofit organization.