

FOR IMMEDIATE RELEASE

November 30, 2023

MindBodySpirit.fm to Host ‘Dropping In’ Podcast by Omega Institute

Four Seasons of Award-winning Series Featuring Spiritual Teachers, Health Experts, Artists, & Climate Change Provocateurs Now Available

AUSTIN, TX – [MindBodySpirit.fm](https://www.mindbodyspirit.fm) today announced an agreement with [Omega Institute for Holistic Studies](https://www.omega-institute.com) to host Omega’s acclaimed ‘Dropping In’ podcast, on its rapidly growing network, which launched in 2021 and now features more than 60 programs. ‘Dropping In’ gives listeners a taste of the lifelong learning experience that has brought more than 1M people through Omega’s doors in Rhinebeck, New York, for more than four decades.

“We want people to be able to experience Omega’s thought-provoking programs and world class teachers from wherever they are, and whenever it suits their curiosity, growth, and learning,” said Racquel Joseph, chief digital content officer at Omega. “We’re pleased to become part of MindBodySpirit.fm’s platform—it’s one of the important ways we’re expanding access to practices that nurture hope and healing for individuals and society.”

“We’re excited to add the ‘Dropping In’ podcast series to our network,” said Diane Ray, co-founder of MindBodySpirit.fm and former network manager and producer of Hay House Radio. “Omega has such a high caliber of speakers and teachers, and now people from all around the world can benefit from the learning that happens on their Rhinebeck campus.”

‘Dropping In’ is hosted by Cali Alpert, a three-time Emmy-winning interviewer. Episodes include luminaries such as Buddhist nun Pema Chödrön; scientist, author and mindfulness expert Jon Kabat-Zinn; best-selling author Gabor Maté; psychic medium Lisa Williams; author and meditation coach Jeff Warren; Irish poet Pádraig Ó Tuama; and many more.

“It’s an amazing experience to be in conversation with the great thinkers, creative talent, and social visionaries we hosted over four seasons,” said Alpert, who also serves as director of digital media at Omega. “I hope listeners will tune in to explore the many ways we can awaken the best in the human spirit.”

‘Dropping In’ reflects the breadth of Omega’s diverse curriculum, which encompasses six subject areas: Body, Mind & Spirit; Health & Healing; Creative Expression; Relationships & Family; Leadership & Work; and Sustainable Living.

All episodes of all shows can be found at [www.MindBodySpirit.fm](https://www.mindbodyspirit.fm) and podcast platforms such as Apple, Google, and Spotify.

About MindBodySpirit.fm

MindBodySpirit.fm is a podcast network curated to host programs in the areas of personal growth, metaphysics, self-help, healing, alternative health, mental health, spiritual growth, and related areas. Listeners are invited to connect with thought leaders from around the world in

their journey to expand their minds and open their hearts and minds to new ideas and lessons.
MindBodySpirit.fm, **Contact:** Tina Williamson, info@mindbodyspirit.fm

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. **Contact:** Chrissa Santoro, ChrissaS@eOmega.org*

###