

FOR IMMEDIATE RELEASE
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Benefits of Mindfulness Practice Now Widely Recognized

Leaders Strategize on Improving Education for the Next Generation & Join in Creating a Mindful Society

RHINEBECK, NY – More than 20 million Americans meditate regularly, according to the [National Health Interview Survey](#). One of the most popular and beneficial styles of meditation is mindfulness practice, a nonreligious practice which uses simple, universal techniques. For more than 35 years, Omega has offered general mindfulness workshops, and professional trainings in a number of mindfulness-based modalities. Today Omega announced it will hold two important conferences on their 200-acre Rhinebeck, New York campus.

“Research continues to show that mindfulness practice decreases stress, depression, and anxiety, and increases health, well-being, and our ability to relate to one another. Omega is proud to offer lifelong tools that support awareness, empathy, and resilience,” said Carla Goldstein, chief external affairs officer at Omega.

The [Mindfulness & Education Conference](#), August 16–18, brings together influential leaders in the fields of mindfulness and Social and Emotional Learning (SEL), including psychologists, educators, administrators, and teachers to explore practical ways to teach mindfulness techniques to children grades K through 12. Internationally renowned [speakers](#) will address topics including: implementing mindfulness programs in schools, ways to support Social and Emotional Learning, cultivation of resilience, at-risk youth, and practices that support utilizing the methods of interpersonal neurobiology. This program is eligible for [Tiered Pricing](#).

The [Creating a Mindful Society Conference](#), September 27–29, featuring U.S. Congressman Tim Ryan and other leading voices, will explore the benefits of mindful communication at home, at work, and in healing a fractured society. This special program presented by three leading organizations in the mindfulness field—the Center for Mindfulness at the University of Massachusetts Medical School, Omega Institute, and *Mindful* magazine—is a continuation of the creative conversation on developing a mindful society begun in New York City in 2011, a conversation that has continued to grow in the national mindfulness community. [Continuing education credits are available.](#)

A limited number of media passes are available. Photography restrictions may apply. To apply for a media pass, visit eOmega.org/press.

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.



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Located on 200 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

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