

FOR IMMEDIATE RELEASE
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Omega Institute Brings Its Best to New York City

Plus a Free Live Stream of Brené Brown's The Anatomy of Joy!

RHINEBECK, NY – Omega today announced it will return to New York City, with sixteen extraordinary teachers, for its highly anticipated annual conference, [Omega NYC](#), at the Sheraton New York Hotel & Towers, April 20–22, 2012. The conference brings together some of Omega's most popular and inspiring teachers, who offer unique tools for living a more holistic life. For the first time ever, Omega plans to broadcast live from the Women & Happiness workshop, so people around the world can watch for free online as renowned author Brené Brown presents *The Anatomy of Joy*.

“Since 1977, Omega has been a place where people come for reasons big and small: to learn news skills, to get inspired, and to be in community,” said Carla Goldstein, chief external affairs officer at Omega. “We are thrilled to bring the best of Omega's opportunities for lifelong learning to New York City and to offer a portion of the conference for free online.”

Omega NYC begins Friday evening at 8:00 p.m. with a keynote talk, *With An Open Heart*, by Elizabeth Lesser, author of *Broken Open* and cofounder of Omega, and a special performance by musician David Wilcox.

Participants at Omega NYC dive deeper on Saturday and Sunday, when they can choose from one of seven in-depth workshops:

- [Women & Happiness: The Give & Take of Finding Joy](#), Elizabeth Lesser, Carla Goldstein, Geneen Roth, Brené Brown*, Loung Ung, Gretchen Steidle Wallace, and Leslie Salmon Jones
- [Loving What Is](#), Byron Katie
- [Touching the Unseen World: Discovering Your Spiritual Self](#), James Van Praagh
- [Energy Medicine: A Hands-On Workshop](#), Donna Eden and David Feinstein
- [Breaking Through the Shadow of Fear](#), Debbie Ford
- [Crazy Sexy Life: Creating a Daily Self-Care Game Plan](#), Kris Carr and Nicolas Ortner
- [Meditation Skills for Life](#), Sharon Salzberg

*To sign up for the live online event featuring Brené Brown's *The Anatomy of Joy*, or to register for a workshop, visit eOmega.org/nyc.

Each of these workshops meets Saturday, April 21, 9:00 a.m.–noon and 2:30 p.m.–5:00p.m., and Sunday, April 22, 9:00 a.m.–noon.

On Saturday evening, all participants are invited to gather for an inspiring evening with Geneen Roth, author of *Women Food and God*. Roth's keynote, *Food, Money & What's Enough: An*



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Unexpected Path to Almost Everything will begin at 8:00 p.m. and be followed by Q&A with the author.

A limited number of media passes are available for the Friday and Saturday evening keynotes. 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. Located on 195 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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