



FOR IMMEDIATE RELEASE
April 14, 2009

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CHALLENGING TIMES PRESENT NEW OPPORTUNITIES AT OMEGA

*A premier travel destination in the Hudson Valley offers a
stimulus package for the spirit*

RHINEBECK, NY – As reported by the *New York Times*, polls from both the American Psychological Association and The National Sleep Foundation show significant increases in the level of economic anxiety felt today as compared to last year. Many are seeking healthy ways to cope with stress and find support through life transitions, making the timing of the reopening of Omega Institute on April 24 particularly relevant.

“Research has shown that we deal best with change when we feel connected to others,” said Skip Backus, executive director of Omega Institute. “Omega is renowned for providing a safe and beautiful haven where people from all walks of life gather together for insight, rejuvenation, and support. Omega offers fresh ideas and tools for living with meaning and purpose.”

Since Omega is close to home for so many people in the Northeast, the organization’s Rhinebeck, New York campus location makes it an affordable, easy-to-reach vacation destination.

“Given the current economic challenges we all face, Omega is increasingly becoming a destination spot for people who can no longer afford to travel to far away places but still want to enjoy some time away to let go of the stress and pressure of everyday life,” said Carla Goldstein, director of external affairs at Omega.

For more than 32 years, Omega has provided a place where people come for reasons big and small. Some people come because they want to contemplate life’s big questions and continue the process of lifelong learning, while others simply want to take a break from their everyday lives.

“With more than 350 workshops, conferences, and professional trainings offered on our Rhinebeck campus this year, there’s something for everyone,” Goldstein said.

In addition to the many classes in stress-reduction, yoga, meditation, and the healing arts, Omega’s curriculum also includes classes such as, *Living Courageously in Difficult Times* (May 22-25), *The Cure for Money Madness* (June 7-10), *What’s Next?* (June 12-14), *Stress Less* (June 12-14), *The Leadership Accelerator: Navigating Uncertain Times*

(June 19-21), Creating the Work You Love (June 26-28), Something to Live For: Repacking Your Bags for the Second Half of Life (August 14-16), Overcoming Underearning (October 2-4), Sustainable Success (October 11-16), From Stress to Flow (October 23-25), and many more courses to help people move through economic anxiety.

Located in the heart of the Hudson Valley, just 90 miles north of New York City, Omega is open seasonally, from April through October. Many of Omega's guests attend educational programs, while some come just to rest and rejuvenate. Guests at Omega have free use of the campus library, sauna, Sanctuary, lake, tennis courts, basketball court, woodland trails, beautiful gardens, and WiFi Internet access in the Omega Café. Omega's Wellness Center offers a wide variety of services to benefit overall well-being. Guests have the option to attend daily yoga, tai chi, meditation, and dance classes.

Each year Omega awards more than \$100,000 in scholarships to qualified applicants with limited finances or special needs. Omega also offers free retreats, dealing with post-traumatic stress disorder, for veterans of any war.

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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