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Contact: Chrissa Pullicino
Office: 845.266.4444, ext. 404

Omega Institute Brings Its Best to New York City

Highly Anticipated Annual Conference Offers Unique Tools for Changing Oneself & Changing the World

RHINEBECK, NY – While analysts and political parties continue to debate if “the great recession” is over, it seems clear that many people have altered their lifestyles, shifted priorities, and gained new perspective on what matters most. Despite the economic downturn in 2009, attendance at Omega Institute’s inspiring, educational programs remains strong as people turn to Omega for the tools and support needed to deal with life’s changes. Omega today announced it will return to New York City, with thirteen extraordinary teachers, for two programs at the Sheraton New York Hotel & Towers April 16–18, 2010.

“For 33 years, Omega has been a place where people come for reasons big and small: to process a life-changing experience, to be in community, to learn new skills, or just for a little rest and rejuvenation,” said Carla Goldstein, director of external affairs at Omega. “We are thrilled to bring the best of Omega’s opportunities for lifelong learning to New York City.”

The first weekend program, A Time for Renewal, begins Friday evening at 8:00 p.m. with two keynote speakers: Omega cofounder and Oprah Radio host Elizabeth Lesser, and author Byron Katie. Both offer practical antidotes to difficult times and celebrate renewal. Participants at A Time for Renewal dive deeper on Saturday and Sunday, when they can choose from one of six in-depth workshops:

- Byron Katie, *Loving What Is*
- Debbie Ford, *Loving Your Shadow*
- Harville Hendrix & Helen LaKelly Hunt, *Getting the Love You Want: A Path for Couples*
- Donna Eden & David Feinstein, *Energy Medicine: A Hands-On Workshop*
- Sonia Choquette, *The Answer is Simple: Love Yourself, Live Your Spirit*
- Michael Bernard Beckwith & Rickie Byars Beckwith, *Spiritual Liberation*

Each of these workshops meets Saturday, April 17, 9:00 a.m.–noon and 2:30 p.m.–5:00 p.m., and Sunday, April 18, 9:00 a.m.–noon.

A second program running simultaneously, The Gifts of Buddhist & Western Psychology, begins Friday evening at 7:30 p.m. and features three of the West’s most prominent Buddhist teachers, Jack Kornfield, Tara Brach, and Mark Epstein. Together

they guide new and seasoned practitioners through the ancient, life-changing Buddhist teachings and the latest research in contemporary Western psychology. The Gifts of Buddhist & Western Psychology, continues on Saturday with sessions from 9:30 a.m.–4:30 p.m. and Sunday, 9:00 a.m.–noon.

Saturday evening, participants in both programs can gather together for a special event with Michael Bernard Beckwith, founder of the Agape International Spiritual Center, and Rickie Byars Beckwith, music and arts director at the Agape International Spiritual Center. The event, *Reviewing Your Life's Purpose*, highlights Michael Beckwith's dynamic and inspirational speaking and Rickie Byars Beckwith's infectious musical accompaniment. This Saturday evening event is also open to the public. Tickets are \$25 in advance and \$35 at the door.

Each weekend program is offered at a new low price of \$295 for the entire weekend, including the Saturday evening event. Those who enroll in *The Gifts of Buddhist & Western Psychology* have the option to attend the entire weekend for \$295 or just the Friday evening session for \$50, or Friday and Saturday together for \$225.

For detailed information about both weekend programs, or to register, please visit eOmega.org or call 800.944.1001.

A limited number of media passes are available for some of the workshops. 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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