

FOR IMMEDIATE RELEASE
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Omega's Campus Reopens April 15th Drawing Renowned Teachers & Social Visionaries to the Hudson Valley

Elizabeth Gilbert, Pema Chödrön, Harville Hendrix, Vandana Shiva, Bonnie St. John & Ralph Nader Among Omega's 2015 Faculty

RHINEBECK, NY – Hailed as one of the [1,000 Places to See in the USA and Canada Before You Die](#), and known as one of the world's premier educational retreat centers and tourist destinations, Omega Institute for Holistic Studies kicks off its 2015 guest season April 15th. Omega has more than 325 workshops, professional training opportunities, and retreats planned for its Rhinebeck, New York campus from mid-April through October, and additional programs are being offered in [New York City](#), and year-round [online](#).

“For nearly 40 years, Omega has been a vibrant learning community attracting people from all walks of life for reasons big and small,” said Carla Goldstein, chief external affairs officer. “We help people and organizations explore answers to the question: How will we treat ourselves, each other, and the planet? Our programs offer an integrated approach to personal growth and social change, often serving as a catalyst for people seeking to make meaningful change.”

A sampling of 2015 program highlights includes:

[The Cost of War, Violence and Denial](#), April 15–19, a Retreat for Veterans Living With Post-Traumatic Stress: Open to Veterans, Their Families & Friends, led by Claude AnShin Thomas

[Super Qi Summit](#), May 22–25: Robert Peng, Ken Cohen, Michael Gelb, and more

[Omega Wellness Week](#), June 14–19, and September 25–27: Dr. Tom Francescotti, Melissa Myozen Blacker, and Winnie Abramson

[Living Well With Lyme Disease](#), June 26–28: Dr. Richard Horowitz, Dr. Tom Francescotti, and Katina I. Makris

[Omega Poetry Festival](#), July 5–10: Alison Luterman, Nick Flynn, Aja Monet, and more

[The Wisdom of Master Yogis](#), July 17–19: Tao Porchon-Lynch, Madan Bali, and Liliias Folan

[Social Visionaries Conference](#), July 31–August 2: Alysia Reiner, Taylor Conroy, Karan Khalsa, and more

[Mindfulness and Education Conference](#), July 31–August 2: Dan Siegel, Linda Lantieri, Daniel Rechtschaffen, and more

[Family Week](#), August 2–7: Maggie Wheeler, Dani Shapiro, Barry Michels, Phil Stutz, and more

[The Conscious Elder](#), August 28–30: Barbara Marx Hubbard, Gail Straub, John Sorensen, and more

[Women & Power Retreat: Being Bold](#), September 18–20: Elizabeth Gilbert, Bonnie St. John, Michel Martin, and more

[Seeds of Change: Cultivating the Commons](#), October 9–11: Vandana Shiva, Winona LaDuke, Ralph Nader, and more

Each year, more than 23,000 people from all walks of life visit Omega’s beautiful 250-acre campus in the heart of New York’s Hudson Valley, and nearly 2 million people visit eOmega.org for articles, videos, and online learning. Omega’s curriculum spans six Learning Paths: Body, Mind, Spirit; Health & Healing; Creative Expression; Relationships & Family; Leadership & Work; and Sustainable Living.

Additionally, Omega offers [Rest & Rejuvenation Retreats](#) designed to help people unwind, relax, and explore Omega’s core teachings in classes exclusive to R&R Retreat guests.

All guests have the option to attend daily open classes in yoga, tai chi, meditation, and movement. Omega’s Children’s Program is available for children ages 4 to 12. Guests can choose from a variety of accommodations and receive three delicious, mostly vegetarian buffet meals each day as part of the Accommodations & Meals Package.

Located just 90 miles north of New York City, Omega is open seasonally, from April through October. Guests at Omega have access to the campus library, sauna, sanctuary, lake, tennis courts, basketball court, woodland trails, gardens, free Wi-Fi Internet access in the Omega Café, and tours of the award-winning environmental education center, the Omega Center for Sustainable Living (OCSL). The Omega Wellness Center offers a wide variety of services like massage, facials, acupuncture, life coaching, and more.

This year Omega will award more than \$300,000 in full and partial [scholarships](#) to individuals and organizations, including those with limited finances or special needs, scholarships for women, educators, veterans, teens, and breast cancer patients and survivors. Omega also offers [Tiered Pricing](#) on select programs—allowing guests to choose one of four prices based on financial circumstances.

For more information visit eOmega.org, and follow Omega on Facebook, Twitter, YouTube, Pinterest, LinkedIn, Instagram, and Google+.

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 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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