

FOR IMMEDIATE RELEASE
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Contact: Chrissa Pullicino
Office: 845.266.4444, ext. 404

Learning Vacations Offer More Than Just an Escape

Omega's Theme Weeks Deliver Something for Everyone

RHINEBECK, NY – A growing trend in travel, [learning vacations](#) pair fun getaways with educational opportunities that appeal to those who want more than just downtime. Omega Institute, a hub for lifelong learning in New York's Hudson Valley, offers more than 325 varied opportunities, including three distinct theme weeks on its 200-acre Rhinebeck campus. Omega Arts Week, Retreat Week, and Family Week are three of the most popular programs and include a wide range of classes to choose from.

“By dedicating specific weeks on the campus to each of these areas, Omega creates a unique environment where people not only relax and have fun, but also meet others who are also interested in exploring new things,” said Carla Goldstein, chief external affairs officer at Omega.

[Omega Arts Week, July 6–11:](#) During Omega Arts Week, a popular program for the past 20 years, the campus comes alive with music, dance, visual and written arts, and trapeze. Accomplished and budding artists, and creative spirits immerse themselves in their art, communing at meal times and showcasing their work at evening gatherings. Participants choose from more than 10 workshops spanning the arts, including photography, painting, trapeze, drumming and dance, screenwriting, rustic furniture making, and more. This year's Arts Week also offers a special tribute to Babatunde Olatunji, a world-renowned Nigerian drummer who brought African drumming and dance to the United States. Olatunji was a perennial favorite at Omega, and his legacy has endured.

[Omega Retreat Week, July 13–18:](#) Omega Retreat Week brings together a group of extraordinary teachers from many traditions to add breadth and depth to the spiritual path. Retreats range from inward contemplation to outward celebration, all equally sacred. Participants choose from nine workshops, such as Relax & Write® with Maia Danziger, Awakening Your Authentic Soul Signature with Panache Desai, Qigong Empowerments with Robert Peng, A Yoga and Meditation Retreat with James Higgins, and more.

[Omega Family Week, August 3–8:](#) Omega Family Week offers parents and kids a unique balance of time together and time spent apart in age-appropriate workshops. Adults choose from workshops like The Story You Have to Tell with Cheryl Strayed, Tennis Inside the Zone with Rob Polishook, Afro Flow Yoga™ with Leslie Salmon Jones and Jeff W. Jones, and more. Workshops for kids include Super Soccer Stars Camp, Beyond Rock, RoboFun Stop-Motion Animation, and more.



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To learn more or to register, please visit eOmega.org, or call 800.944.1001. A limited number of media passes are available. To apply for a media pass, visit eOmega.org/press. Follow Omega on Facebook, Twitter, YouTube, LinkedIn and Instagram.

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 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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