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Omega's Award-winning Podcast 'Dropping In' Returns for Third Season

*Jeff Warren, Andrea Pennington, & Matt Khan Featured Among Other Leading
Voices on Fostering Resilience, Equity, Creativity, Mental Health & More*

RHINEBECK, NY— [Omega Institute](#), a premier destination for lifelong learning and leading nonprofit in the Hudson Valley, today began releasing episodes from the third season of its acclaimed podcast, [Dropping In](#). In Season 3, Emmy award-winning producer and Omega director of digital media [Cali Alpert](#) sits down for intimate conversations with some of Omega's trailblazing spiritual teachers, thought leaders, and social visionaries to explore the many ways to awaken the best in the human spirit and to uncover practical tools for thriving in uncertain times.

“Every year, tens of thousands of people gain deep insights, develop fresh ideas about the world, and build community through Omega,” said Carla Goldstein, Omega president. “At a time when people are looking for inspiration and ideas on how to recalibrate and move forward with meaning and purpose, we’re pleased to extend the opportunity to experience Omega’s teachers and to sample program content for free via our podcast.”

Season 3 will include eight episodes and cover a wide range of topics—from fostering resilience and managing grief, to cultivating joy and connection, to protecting the environment and reimagining how we work and live. Featured teachers in season 3 include: [Jeff Warren](#), [Matt Khan](#), [Donna Holland Barnes](#), [Scott Shute](#), [Leslie Salmon Jones](#), [David Elliot](#), [Andrea Pennington](#), and [Mingtong Gu](#).

Dropping In reflects the breadth of Omega’s diverse curriculum, which encompasses six subject areas: Body, Mind & Spirit; Health & Healing; Creative Expression; Relationships & Family; Leadership & Work; and Sustainable Living.

Listeners can subscribe to Dropping In now on most popular podcast apps, such as [Apple Podcasts](#), Google Play, Spotify, Stitcher, Overcast, Pocketcast, Castro, and RadioPublic. Beginning November 23, the eight episodes will be made available weekly through those apps and on Omega’s website. Seasons 1 and 2 also remain available and feature interviews, teachings, and practices with some of Omega’s most beloved teachers.

For more information visit [eOmega.org](#), and follow Omega on Facebook, Twitter, YouTube, Instagram, LinkedIn, and Pinterest.

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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