



**AT OMEGA, WE HOLD SPACE** to let the future emerge. We have our palms open to allow the unfolding, both on campus in more than 345 programs, and online.

The economy remains challenging, but we've been having strong attendance for the past several years because people are longing for a sense of place in the world, and Omega provides an answer. We model a way to find and create value in our day-to-day lives.

It was a very successful year for delivering this mission. Janine Benyus, Van Jones, and Jeremy Rifkin were all keynote speakers at the 2012 Design by Nature Conference, where more than 300 people explored whole-systems thinking and innovative planning strategies for building a sustainable future.

We also celebrated the public launch of the Omega Women's Leadership Center (OWLC) during the 10th Women & Power Conference. More than 600 participants joined faculty for a program illustrating the OWLC's vision to change the status quo of power and open new paths and possibilities, not only for women, but for everybody.

We launched Omega Online Learning with a live stream video event featuring Brené Brown at Omega NYC, and we introduced the new, dynamic eOmega.org to provide free, enriching content to a growing global community of more than 1.6 million visitors.

We also hosted an unprecedented gathering of experts in trauma and the treatment of trauma for veterans at the Veterans, Trauma & Treatment professional conference.

Miracles really do happen at Omega and in the world as a result of all the planning and energy we give in service to people everywhere. With your support, we can continue to help create a world where all people can awaken their full potential while caring for each other and the earth.



Skip Backus

*Skip Backus*

Robert "Skip" Backus  
Chief Executive Officer

## omegawomen's leadershipcenter

"Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing." —Arundhati Roy

### Cofounders

Elizabeth Lesser  
Carla Goldstein  
Sarah Peter

### Advisory Council

Isabel Allende  
Jennifer Buffett  
Majora Carter  
Sister Joan Chittister  
Eve Ensler  
Sally Field  
Eileen Fisher  
Jane Fonda  
Pumla Gobodo-Madikizela  
Ubaka Hill  
Pat Mitchell  
Hibaaq Osman  
Edit Schlaffer  
Gloria Steinem  
Loung Ung  
Ann M. Veneman

### CELEBRATING THE 10TH WOMEN & POWER CONFERENCE & PUBLIC LAUNCH OF THE OMEGA WOMEN'S LEADERSHIP CENTER (OWLC )

"Now more than ever, we are becoming a global society with a shared responsibility to use our power for the greater good. Innovative and courageous women from all walks of life, and all corners of the globe, are working together to create conditions of equality, security, sustainability, and justice for everybody," said Carla Goldstein, chief external affairs officer at Omega and cofounder of the Omega Women's Leadership Center. In 2012, the 10th Women & Power conference, What's Possible, launched the Omega Women's Leadership Center (OWLC), a new initiative to inspire women to become the kind of leaders the world needs now.

The celebratory weekend featured an extraordinary lineup of presenters including president of the Planned Parenthood Federation of America Cecile Richards, environmental activist Majora Carter, and playwright and feminist Eve Ensler. More than 600 participants joined the conversation to explore "what's possible" in their own lives and communities and heard a wide range of personal stories from women redefining power and leadership, and creating bridges.

The launch of the OWLC and its programs are made possible through the talents and support of many generous individuals, corporations, and foundations. Omega extends special thanks to the leadership of OWLC cofounder Sarah Peter, whose profound appreciation of the leadership potential for all women catalyzed this year's launch of the OWLC.



Cofounders Elizabeth Lesser, Carla Goldstein, and Sarah Peter, and Omega CEO Skip Backus, toast the launch of the OWLC.

“You know that enduring sound in your ears after a long, loud concert (preferably a Springsteen show)? That’s what my whole body feels like today after the Women & Power conference and OWLC launch. I’m vibrating from the words, the energy, the wild love and appreciation that came my way all weekend long from women of all ages, from all over the world. The word I heard from them over and over was “magic.” How does Omega do this, they wanted to know? They couldn’t understand what was happening to them—their hearts opening, their minds expanding, friendships naturally blossoming, collaborations spontaneously occurring. If you all could have witnessed some of the plans being hatched over lunch—international schemes to change the world—you would feel as proud as I do now.”



Elizabeth Lesser

—Elizabeth Lesser,  
*cofounder of the Omega Women’s  
 Leadership Center*



**SOUTH AFRICAN ACTIVIST SAMUKELISIWE KHUMALO** (left), Peace Network Coordinator in Seoul, Korea, Cho Won Young (middle), and Youth Peace Camps (Indonesia) supporter Dewirini Anggraeni (right), were recipients of the OWLC’s Global Change Scholars program at the Women & Power Conference. These young leaders made a vital contribution to, and were enriched by, the opportunity to exchange ideas, experiences, skills, and expertise in a community of leaders working for change.

**WOMEN & POWER: WHAT’S POSSIBLE** keynote speakers Cecile Richards, Ai-jen Poo, Eve Ensler, Joan Halifax Roshi, Sally Field, Christiane Northrup, Anna Deavere Smith, and Elizabeth Lesser, were interviewed by founder of Feminist.com, Marianne Schnall, for a series exploring where they find the energy, inspiration, and courage to offer their unique, special gifts to the world. Read the complete series at [eOmega.org/WPinterviews](http://eOmega.org/WPinterviews).



Marianne Schnall

**GETTING THE WORD OUT: OWLC NEW MEDIA SALON**

During Omega NYC, the OWLC held a new media salon attended by more than 15 top new media influencers covering women’s issues. The journalists in attendance later helped promote and cover the OWLC launch and other OWLC programs, with articles appearing in *Spirituality & Health* magazine, the *Huffington Post*, and *Yahoo! News* among many other publications.

The OWLC receives generous support from:





Rachel Simmons

### GIVING BACK TO WOMEN WHO SERVE

In May 2012, the OWLC held its second annual Women Serving Women Summit. The 2012 Summit specifically focused on 14 local and regional nonprofits working to empower girls and young women. You can check out a video of the participants at [eOmega.org/2012womensummit](http://eOmega.org/2012womensummit).

### TEACHING GIRLS TO SAY WHAT THEY MEAN

As part of the Young Women and Girls Collaborative Program, the OWLC hosted Say What You Mean: Be Who You Are with best-selling author and Girls Leadership Institute founder, Rachel Simmons. Twenty-two women ages 18-26 from all over the United States, as well as India, attended this engaging workshop to learn communication skills for building healthy relationships with themselves and others.

# Omega Center for Sustainable Living

## MASTER ECOLOGICAL PLANNING UNDERWAY FOR CAMPUS

To illuminate connections between the Omega experience, regional ecosystems, human ecosystems, and Omega's daily operations, Omega has launched a master ecological planning project with Biohabitats, Inc. Together with BNIM and John Todd Ecological Design, we successfully partnered previously with Biohabitats for the award-winning design and build of the Omega Center for Sustainable Living.

To begin to shape restoration of our Rhinebeck campus, a baseline assessment of ecological conditions, needs, and opportunities will be conducted. We will also conduct a climate and energy assessment to look for deeper savings and longer term energy and ecological investments, as well as a living and developed infrastructure assessment to improve development and operations. We will then develop an ecological action plan to adaptively manage our campus in a more ecologically sustainable and regenerative way moving forward.

## SUSTAINABILITY CHALLENGE GRANT MET

Omega successfully concluded the two-year Sustainability Challenge Grant issued in October 2010 by a board member gift of \$100,000 to support the creation of campus sustainability programs and initiatives. The grant required Omega to raise an additional \$100,000 from private sources. We are pleased to report that we have met, and slightly exceeded, this requirement 10 months in advance of the challenge grant deadline. Generous contributors made gifts to exceed the \$100,000 match requirement, with a total of \$119,051 received.

## PLUMBING FOR SOLAR HOT WATER INSTALLED IN 10 CAMPUS BUILDINGS

We're pleased to announce the installation of plumbing for solar hot water in 10 campus buildings, serving a total of 80 guest rooms. More than 4,000 participants per year now stay and shower in rooms supplied with water heated by solar panels on campus.

## INSPIRING COMMUNITIES TOWARD GREATER HEALTH WITH FRESH FOOD

At Omega, we strive to serve fresh local and organic food at all of our Dining Hall meals. Now we're extending that practice to help participants transform their lives and communities with greater health through fresh food they can grow themselves. We're offering workshops where guests learn to grow food everywhere, from lawns and windowsills to schools and urban lots with minimal labor and energy.



## OMEGA'S LOCAL FARMERS & VENDORS INCLUDE

- Angello's Distributing, Inc. (organic produce)
- Blue Roof Honey (honey)
- Chimney Hill Farm (maple syrup)
- Dutchess Restaurant Equipment (family-owned business)
- Feather Ridge Farm (eggs)
- Ginsberg's (family-owned food vendor)
- Hawthorne Valley Farm (yogurt)
- Jack Fox, Forager (ramps)
- La Bella Pasta (pasta)
- Little Seed Gardens (sprouts)
- McEnroe Organic Farm (composting)
- Markristo Farm (local greens)
- Old Saw Mill Farm, LLC (fruit)
- Organic Nectars (agave)
- Red Barn Produce (produce)
- Ronnybrook Dairy Farm (milk & butter)
- Thomas O. Miller & Co. (family-owned food vendor)
- Thompson-Finch Farm (strawberries)
- Warren Kitchen & Cutlery (family-owned business)
- Wonderland Farm (produce)

## OMEGA HOSTS NORTHEAST PERMACULTURE COMMUNITY PLANNING RETREAT

In October, 40 permaculture professionals gathered at Omega for a 3-day planning retreat, hosted by Omega and organized by Laura Weiland of Omega Institute, Ethan Roland of AppleSeed Permaculture; Lisa Fernandes of the Resilience Hub & Portland Maine Permaculture; Jono Neiger of the Permaculture Institute of the Northeast (PINE); and Dave Jacke of Dynamics Ecological Design. The retreat covered a wide range of topics, from design to organizing, and generated a lot of excitement and collaborative planning for future projects. In fact, a group of participants are returning to Omega in 2013 for a Shared Leadership planning retreat focusing on women in leadership roles within the permaculture community.



Robert "Skip" Backus, Omega's chief executive officer (left), presents the first Omega Leadership Award in Sustainable Education to musician Pete Seeger (center) and Jeff Rumpf (right), executive director of Hudson River Sloop Clearwater. The \$10,000 grant and service retreat was presented at Hudson River Sloop Clearwater's annual music and environmental festival at Croton-on-Hudson.

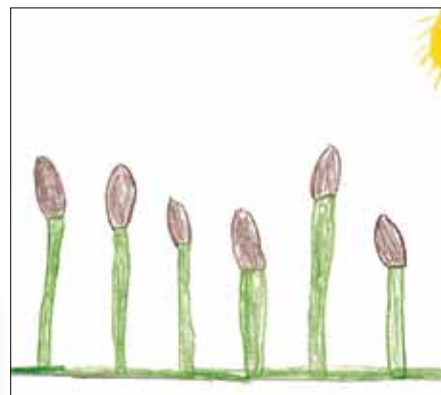
IN 2012, 125 GROUPS TOURED THE OCSL

Each year, Omega provides approximately 200 scheduled weekly tours of our award-winning OCSL facility, and many dozens more individually guided tours tailored for a wide range of audiences, from third grade classes to professionals with doctorate degrees.



**DURING THE DESIGN BY NATURE CONFERENCE**, participants were asked to consider how their financial support of Omega might create transformation in an interconnected and sustainable future. They responded with generous gifts in support of transforming Omega's campus to help educate, inspire, and model the sustainability principles being taught in our workshops.

"My favorite part of the trip to Omega was the cattails. They were so tall that they were almost the size of me! I learned that they are not fully grown yet. Thank you for inviting us!"  
 -4th grade OCSL tour participant



"The part I liked the most was the tank in the lagoon. I liked that it had fish in it, and it was 10 feet deep."  
 -4th grade OCSL tour participant

Janine Benyus speaking at the Design by Nature Conference.





Claude AnShin Thomas

### VETERANS RETREATS BOLSTERING PRACTICE & ACTION OF DISABLED VETERAN



Dave MyoKo Edgar

My name is Dave MyoKo Edgar and I am a disabled veteran suffering from post-traumatic stress. I first attended a retreat led by Claude AnShin Thomas at Omega in 2008. I have done six consecutive veterans retreats at Omega and my life is progressively better for it.

The Omega Institute not only provides the facilities and staff for the veterans meditation retreats, they are committed to hosting the retreat year after year.

The community that develops out of the retreat is vital. I hear from other veterans that the next retreat at Omega is a lifeline, a positive event in the future to work toward. The connections I form with others from the retreat support me in my day-to-day life and I am thankful to have the opportunity to make new connections each time.

The container of Buddhist practice I've learned from Claude AnShin Thomas has been a valuable and necessary form for me.

I just concluded a two-year commitment as a volunteer for a local hospice program. I started the process as a way to work more consciously with the topic of death and dying, as directly related to my post-traumatic stress. I was able to work in the hospice environment and connect with people who were actively dying because I was supported by meditation practices, Claude AnShin Thomas, and the Omega veterans retreats. Today, I am inspired to offer myself in new ways to support others in their path to healing. I look forward to discovering how I can be of service.

—Dave MyoKo Edgar

### HELPING VETERANS HEAL FROM THE TRAUMA OF WAR

For more than 20 years, Omega has been engaged with veterans and family members dealing with issues of post-traumatic stress disorder (PTSD). In 2012, we convened the Veterans, Trauma & Treatment Professional Conference, where some of the nation's most forward-thinking health experts and veterans' advocates collaborated on best practices in healing modalities to help more veterans get treatment, more quickly. Ten keynote speakers and 18 workshop presenters welcomed more than 200 professionals to the conference.

"We see a critical need to support returning vets beyond what the current system is equipped to provide. The road to healing from the trauma of war is complex, and we are honored to offer veterans and their caregivers opportunities to aid in their recovery and reintegration,"

—Carla Goldstein  
*Omega Chief External Affairs Officer*

### HEALING RETREATS FOR WOMEN MILITARY & VETERANS

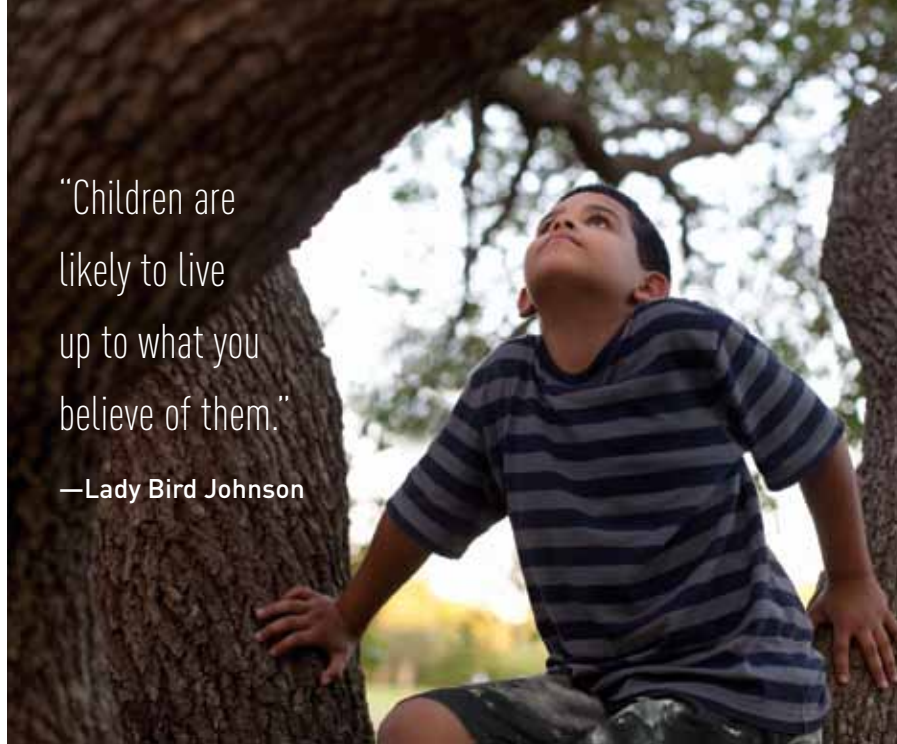
In 2012, Omega offered two 5-day military and veteran women's healing retreats for 60 women, free of charge. The retreats were designed to empower women to return to their communities, and home and work environments revitalized and strengthened.





“Children are likely to live up to what you believe of them.”

—Lady Bird Johnson



Vinny Ferraro

### MINDFULNESS & EDUCATION CONFERENCE INSPIRES AWARENESS & RESILIENCE IN CLASSROOM TEACHER

As I was leaving to attend the Mindfulness & Education conference, I received a text message from an administrator at the alternative school in Philadelphia I work for informing me that one of my kids, a young man with an incredible amount of potential and heart, was shot and killed. Needless to say, I was torn to shreds. I wanted to turn around and not attend. In mourning him and the others I have lost I thought, ‘What’s the point?’ When I see so many of my students make decisions that put their lives at risk or the mere fact that they are in such an environment where violence is the norm, I feel helpless and lost. Fortunately for me and my future students, I decided to continue my drive and was rewarded with such wonderful communion.

After speaking with Vinny Ferraro and others at the conference, I felt that I did not have to let this tragedy and the tragedies past and future determine how I choose to proceed as a teacher. I walked away feeling more assured that increasing my ability to be present with my students, open the doors to mindfulness and awareness with them, and establish a community of open hearts is the greatest good I can work toward in my life. It may seem overly dramatic, but my experience at Omega has reignited my fire and given me a hope that I worried a jaded reality would squelch.

—Kelsey  
*Mindfulness & Education Conference Scholarship Recipient*



### SUPPORTING LOCAL SAFETY NET SERVICES

Omega’s flagship Service Week program offered grants to 11 local nonprofit organizations providing safety net services to vulnerable populations. These grants provided a de facto planning conference for some of the region’s most critical nonprofits, many of which have lost or been stripped of any funding for strategic planning.

This year, Service Week featured a welcome keynote address from John Elstrott, chairman of the board of Whole Foods. Elstrott spoke about ways that organizations can expand their reach in the community and form partnerships with businesses and other social change organizations.

### SERVICE WEEK HELPS NONPROFITS ADDRESSING CHALLENGES IN OUR COMMUNITY

At Omega’s 2011 Service Week, Eastern Dutchess Community Coalition and Southern Dutchess Community Coalition met to begin to develop a targeted approach to behavior change at the community level to address dramatically rising misuse and abuse of prescription drugs and heroin within our county. Adolescents and young adults have emerged as an increasingly vulnerable population in this epidemic.

In 2012, Omega Service Week provided both coalitions the time and space to hammer out the challenging details associated with community assessment, data analysis, and building a logical model that will guide the changes necessary to shift community norms, create policy, develop programming, and deliver services to assist the reduction of substance abuse and misuse.

Omega’s support has a direct affect on the surrounding communities wrestling with these issues. That support has been long-standing and Omega has been a solid partner in our efforts.

—Elaine, *Service Week Participant*





**ECKHART TOLLE IS WIDELY RECOGNIZED** as one of the most original and inspiring spiritual teachers today. In June, he held his only 4-day retreat in the United States at Omega, filling the campus. Many participants wrote to express their gratitude for the time they spent with him. Patricia's comments provide a perfect summary, "Being with Eckhart was a life-changing experience for me....Being in presence with his presence was incredible."



#### OMEGA PARTNERS WITH YOGA SERVICE COUNCIL TO EMPOWER TEACHERS & COMMUNITIES

The Yoga Service Council and Omega hosted the first annual Yoga Service Conference in May. The Yoga Service Council was formed at Omega in 2009 to bring yoga to underserved populations in shelters, schools, prisons, rehab centers, hospitals, community centers, and senior centers. With more than 20 teachers and 153 participants, the conference helped inspire many to serve and empower their communities through yoga and mindfulness. We look forward to next year's conference to be held again at Omega.





### HOW YOGA CHANGED ONE MAN'S LIFE AFTER COMING TO OMEGA

For 30 years, Bob Altman had a legal career focused on helping people. Then in 2008, he attended Seane Corn, Hala Khouri, and Suzanne Sterling's Off the Mat, Into the World training at Omega and a seed was planted for winding down his law practice and devoting himself to yoga service full-time. Four years later, he founded Grounded for Good, a yoga service initiative offering yoga and mindfulness classes to homeless kids in Atlanta.

Bob believes in being an informed teacher that accepts students as equals. "When the participants perceive that you are treating them as equals, they tend to open their hearts to the training and the message," he says. He and other teachers at Grounded for Good also emphasize the message that each participant is good and strong. It's a message that is repeated over and over as students learn new tools that allow them to take positive messages about themselves off their mats and into their communities.

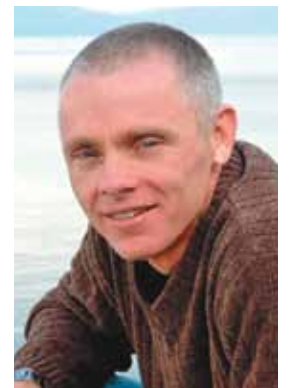
### A COMPASSIONATE, HOLISTIC APPROACH TO CANCER CARE

We were excited to bring the Cancer Care Fundamentals professional training to Omega. Presented by nine informed, involved, and compassionate clinicians, including James S. Gordon, Keith Block, and Stephen Sagar, this integrated science and wisdom CancerGuides® seminar was designed to restore and inspire professionals working with cancer diagnosis and treatment. The seminar provided a wealth of information about integrative cancer care, including an in-depth look at nutrition.

**DONNA EDEN IS KNOWN FOR** the enthusiasm and cheer she brings to teaching energy medicine. In a hands-on workshop, taught with her husband, David Feinstein, she showed participants how to tune their bodies for vitality and joy.

### FROM ECSTATIC CHANT TO ADYASHANTI

September started off with a full campus of participants at Ecstatic Chant—including more than 24 musicians and 34 hours of music and chanting. The campus transitioned from music all night to a silent retreat with spiritual teacher Adyashanti. Adyashanti joked about the drastic change during his Staff Sanctuary Hour.



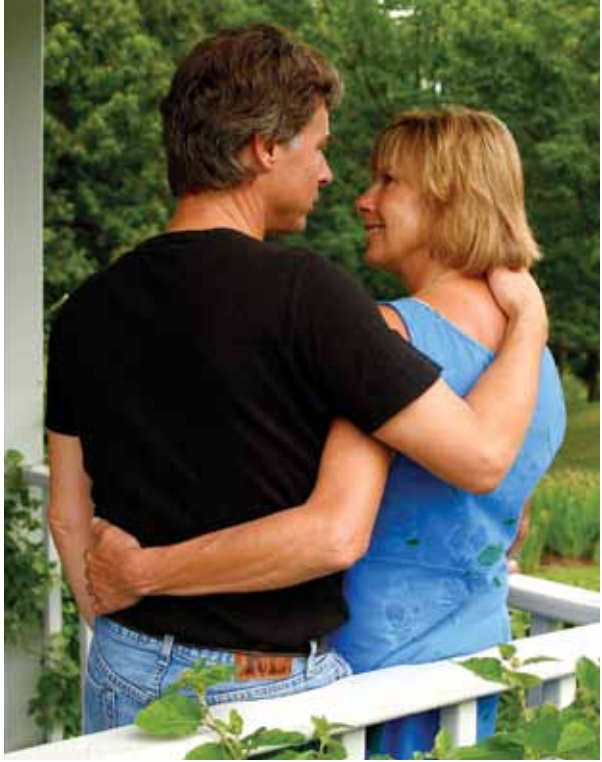
Adyashanti

"Who knew music could be so endlessly and incredibly vast? Who knew there was still a living model of what it means to be masterful, gracious, funny, strange, spontaneous, visionary, inviting, man, elder, and humble conduit all at the same time?"

—Andrea Vargas  
an enthusiastic participant in Bobby McFerrin's  
Circlesongs workshop



Bobby McFerrin



Helen LaKelly Hunt and  
Harville Hendrix

“**MARRIAGE, ULTIMATELY, IS THE PRACTICE** of becoming passionate friends,” says Harville Hendrix. Harville and his wife, Helen LaKelly Hunt, taught their popular Getting the Love You Want workshop in both June and September.

“My son made a video asking, ‘When did you realize you were beautiful?’ in film school. I asked him when was the first time he realized he was beautiful. He answered, ‘At Omega Family Week.’ Thanks Omega and the Wayfinder Experience Staff. We can’t wait to return this year!”

—Kathleen  
Veteran Omega Family Week Participant



3,708 + 206 + 202 + 31 + 12 = Family Week!  
snacks + kids + adults + classes + evening events



Laurel Parnell

**MASTER VISIONARY ARTIST LAURENCE CARUANA** taught sacred painting using mixed technique in a 5-day workshop in the fall. Caruana and fellow visionary artist and longtime Omega faculty member Bob Venosa (1936–2011) were both students of Ernest Fuchs, one of the founders of the Vienna School of Fantastic Realism.

**PROFESSIONAL TRAININGS ON TRANSFORMING TRAUMA**

Laurel Parnell is a master teacher of EMDR (Eye Movement Desensitization and Reprocessing), a powerful therapeutic method for healing trauma-based problems. Shedding new light on trauma survival—including sexual and physical abuse, accident and surgical trauma, and grief—EMDR opens the doors of the heart to genuine spiritual transformation. Through Parnell’s two professional trainings, mental health professionals learned how to practice EMDR, and in the advanced clinical workshop and refresher course, consult on their difficult cases.



David Gershon and Gail Straub


**OVER MEMORIAL DAY WEEKEND** kindred spirits longing for more creative and meaningful lives gathered for David Gershon and Gail Straub’s Empowerment Workshop. David and Gail are renowned for their pioneering work in the field of empowerment and their mastery of personal growth facilitation.



**DETAILING THE GREEN ECONOMY**


With the perfect combination of facts, optimism, and humor, Van Jones (above) discussed the politics of the green economy and why it’s a lot less complicated than you might think at this year’s Design by Nature conference. Other extraordinary speakers included Janine Benyus, Jeremy Rifkin, Dickson Despommier.

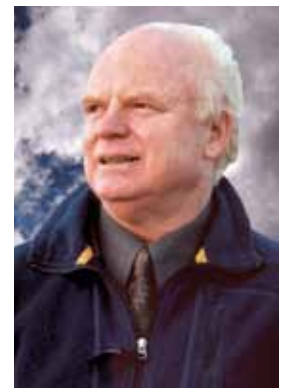
**TWEETS FROM THE DESIGN BY NATURE CONFERENCE**

 “When we are too comfortable, nothing changes.” Sobonfu Somé #DesignbyNature

 “There are 310 million Americans. Democracy is not the work of 1 man, it’s the work of the entire country” @VanJones68 #designbynature

 Psyched to be going to @omega\_institute #Designbynature conference. Taking students. Will be nice to see fall leaves.

 @Janinebenyus the “othering” of nonhuman nature - this is the root of the problem @omega\_institute #designbynature



John Todd, a pioneer in the field of ecological design and creator of the Eco Machine™ at the heart of the Omega Center for Sustainable Living, presented the weekend workshop Ecological Literacy with his wife, Nancy Jack Todd. Participants gained a practical understanding of the emerging science and practice of earth stewardship.



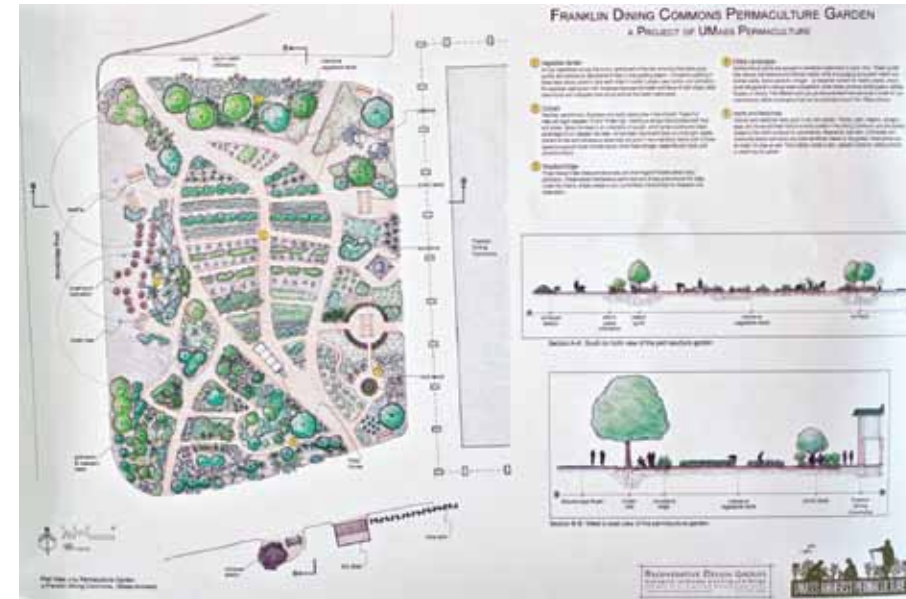
### OMEGA R&R INSPIRES A MILLION MEMORIES

We visited Omega to celebrate Dick's 90th birthday, and remember when we were there 21 years ago. You have certainly grown. We loved the library, the grounds, the bookstore, and most of all the staff! We were just there for three days of R&R and came away with a million memories of gracious, friendly, and helpful people. On our last night several of the staff gave Dick a cake and sang, "Happy Birthday." They not only entertained us, but walked us to our cabin because it was dark.

Thank you all for making us laugh, feel young, and just plain enjoy ourselves.

A true R&R.

—Bev and Dick



### UNIQUE APPRENTICESHIP OPPORTUNITY SPARKS PERSONAL TRANSFORMATION

In October 2009, I began a 16-day apprenticeship with John Perkins and Llyn Roberts at Omega where I made a promise to myself and the other workshop participants: I would help heal the planet in some way, although I didn't know how exactly. I was 23 and now I had a purpose. Then I had an idea!

I looked out my window and saw the 1/8 acre grass lawn that I had to mow each week during the growing season. "Why grow grass when you can grow food?" I wondered. I was living in Amherst, Massachusetts and was earning a master's degree in green building at the time. I began transforming my grass lawn into a demonstration permaculture garden that mimics the structure and function of a forest ecosystem. I began planting in March 2010 and within two months I had more vegetables and berries than I knew what to do with! All happening on a space where there was simply a grass lawn a few months back.

Soon I was offered my dream job doing this very same project at the University of Massachusetts Amherst. Within one year, we had more than 1,500 volunteers and were invited to meet President Obama at the White House. In March 2012, our project was named the top university project in the nation that was changing the world for the better. The impact of our small project has since helped to jump-start a campus permaculture movement across the world.

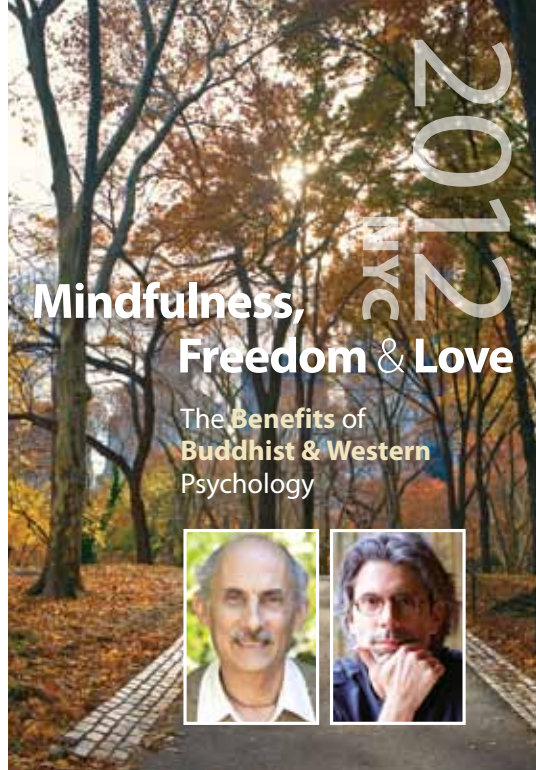
Thanks Omega for helping me on my life journey and for being a center where regular individuals like me can discover their true potential—which is limitless.

—Ryan Harb, MS, LEED AP

*Permaculture Education Coordinator, Stockbridge School of Agriculture, University of Massachusetts Amherst*



Ryan Harb



Sylvia Boorstein

### ADVANCING MINDFULNESS

Two of the West's most prominent Buddhist psychology teachers, Jack Kornfield and Mark Epstein (above), joined together to offer a perfect blend of academic and experiential learning at the New York Society for Ethical Culture in New York City. Lectures were interspersed with meditations and times of silence to illustrate how contemporary Western psychology is substantiating and expanding upon 2,500-year-old Buddhist practices to reveal the inherent capacity for love and lasting happiness within us all.

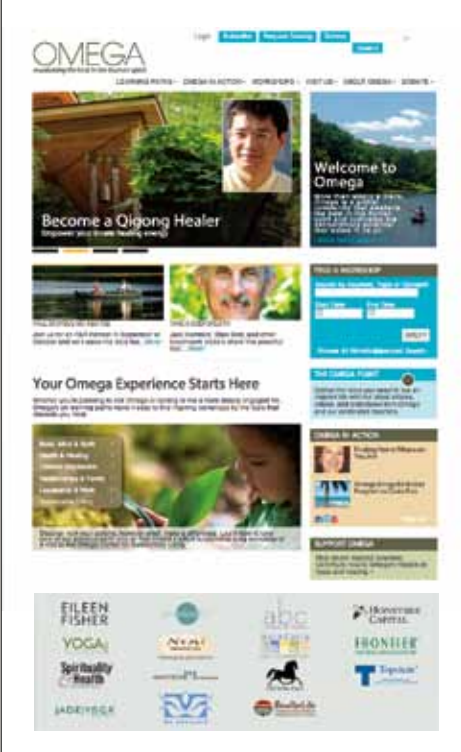
**SYLVIA BOORSTEIN WAS ONE OF 27** teachers—including Joan Halifax Roshi, Richard Leider, and Panache Desai—who taught this year at Blue Spirit Costa Rica, Omega's winter home. One participant explains how he was touched by Sylvia's teachings:

"I will always carry with me a vision of Sylvia Boorstein meditating—her head held high, with this most profound smile and a look of total peace and ease. I will always remember her words, 'Experience the present moment fully. See it as a friend.... May all beings be safe, strong, and content, and may all beings live a life of peace.' These words were planted like precious seeds down into my deepest being, and I'm already feeling the effects in my life." —Costa Rica Program Participant



### OMEGA NYC BRINGS HOLISTIC LIVING TO THE CITY

At Omega NYC, more than 1,400 participants opened their hearts in song with Elizabeth Lesser and David Wilcox. They nurtured strength and happiness with Brené Brown, Geneen Roth, Loung Ung, Gretchen Steidle Wallace, Leslie Salmon Jones, Elizabeth Lesser, and Carla Goldstein. They explored habits and patterns with Byron Katie and Debbie Ford, and meditated with Sharon Salzberg. They were moved by James Van Praagh and learned healing techniques from Donna Eden, David Feinstein, Kris Carr, and Nicolas Ortner. Most of all, participants learned from each other and many resolved to bring new holistic practices into their daily lives when they returned home.



### NEW EOMEGA.ORG LAUNCHED

Omega launched a dynamic new website in April. It's designed to help translate our unique mission online by providing rich and interactive content to a growing global community of more than 1.5 million visitors.

### OMEGA BLOGS ON HUFFINGTON POST

Jon Kabat-Zinn, Bob Berkebile, Sharon Salzberg, and Harville Hendrix and Helen LaKelly Hunt were among Omega teacher interviews featured on our new Huffington Post blog. For more, see [HuffingtonPost.com/Omega-Institute-for-Holistic-Studies/](http://HuffingtonPost.com/Omega-Institute-for-Holistic-Studies/).

### LIVE VIDEO STREAMING

Through the new eOmega.org, we offered three live video streaming events—Brené Brown from Omega NYC, Brian Weiss from our Rhinebeck campus, and the Strategies for a New Economy Conference from Bard College. In total, we reached more than 17,000 online participants for these events and look forward to expanding our audience with the production of online courses.



### TED HOLDS ANNUAL RETREAT AT OMEGA

TED's 96 international staff members met at their New York City headquarters and traveled to Omega by bus for their annual retreat in September. Like Omega, TED believes passionately in the power of ideas to change attitudes, lives, and ultimately, the world. Omega is pleased to support their mission of bringing the best possible talks and performances to everyone, for free.

We look forward to continuing to support TED's work of Ideas Worth Spreading when they return for their 2013 annual retreat.

### ELIZABETH LESSER LIVE TWITTER Q&A

@omega\_institute joined with @Urban\_Zen for a real-time 30-minute Twitter Q&A with Elizabeth Lesser in July.

Elizabeth asked the audience,



"What is the authentic self? Where is it hiding?"





### DAILY OPEN CLASSES INSPIRE HAIKU

Participants continue to enjoy daily open classes in tai chi, meditation, yoga, and movement. Caroline so enjoyed the open classes she took, she was moved to write these haiku.

Staccato chaos;  
Then dance flows into stillness,  
Lyrical movements.

Tai chi foot placement:  
shift weight; listen with my sole...  
empty step; full breath.

**THE OMEGA CAFÉ IS AN IMPORTANT** social center on campus, and it sells some yummy food and beverages. What did participants eat and drink in 2012?

- 1 Coconut water was in huge demand—participants drank more than 500 gallons!
- 2 Turkey and vegetarian sandwiches were equally popular, while turkey burgers edged out Sunshine burgers.
- 3 Coconut Almond Joy and Cappuccino Kahlua Calypso tied for the favorite flavors of Jane’s Ice Cream.
- 4 Almond milk overtook soy milk as the favorite milk alternative.
- 5 The runaway hit of the season were the (ridiculously delicious) Chocolate Truffles—participants ate more than 4,000 of them!

**THE OMEGA WELLNESS CENTER GAVE** more than 10,100 sessions this year. That’s a lot of “Feel Good” spreading out into the world. Here are the 5 most popular services of 2012:

- 1 Massage
- 2 Deep Tissue Massage
- 3 Energy Work/Massage Combo
- 4 Intuitive Guidance
- 5 Facials

**FOR THE SECOND YEAR IN** a row, *Unlikely Friendships* was the top-selling book at the Omega Bookstore. Here are the top 6 sellers this year:



- |   |   |  |  |  |   |
|---|---|--|--|--|---|
| <b>1</b>  | <b>2</b>  | <b>3</b>   | <b>4</b>                                     | <b>5</b>   | <b>6</b>  |
| <i>Unlikely Friendships</i><br>by<br>Jennifer Holland | <i>Miracles Happen</i><br>by<br>Dr. Brian Weiss | <i>Jesus, Buddha, Krishna,<br/>and Lao Tzu:<br/>The Parallel Sayings</i><br>by<br>Richard Hooper | <i>Broken Open</i><br>by<br>Elizabeth Lesser | <i>Mindfulness for<br/>Beginners</i><br>by<br>Jon Kabat-Zinn | <i>Just One Thing:<br/>Developing a<br/>Buddha Brain</i><br>by<br>Rick Hansen |

**IF YOU’VE BEEN TO CAMPUS**, you’ve probably visited Guest Services to ask a question, get directions, or borrow a flashlight. Here are the top 5 questions asked in Guest Services in 2012:

- 1 What’s for dinner?
- 2 Where can I book a Wellness Center appointment?
- 3 When is the sauna open?
- 4 How do I get to Rhinebeck from here?

and the ever popular...

- 5 **Where can I get cell phone reception?!**

## TRAINING STAFF TO BECOME LEADERS

As part of Omega's commitment to creating an environment of learning for staff as well as participants, The Omega Women's Leadership Center (OWLC) hosted the Residential Leadership Learning Lab which trained 10 Omega staff participants to become more effective leaders during a 3-month program. Staff gained valuable experience in learning about leadership and experimenting with new ways to lead for a more peaceful, just, and sustainable world. Guest faculty included Kavitha Rao, Llyn Roberts, and Elizabeth Lesser. Staff received a Certificate of Completion by course's end and made a vital contribution to the development of OWLC curriculum.



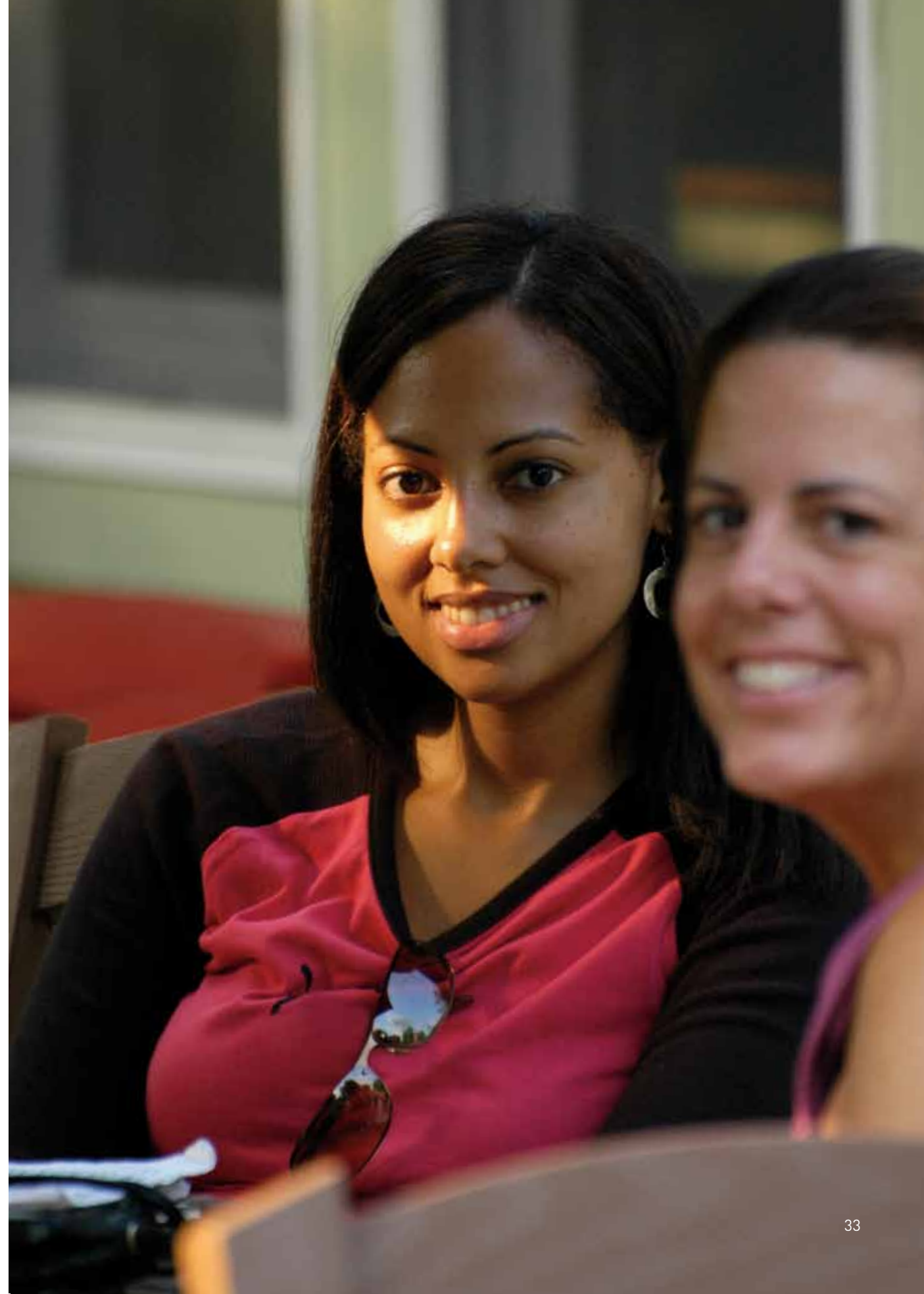
Marshall Davis Jones

### "YOU ARE NOT INVISIBLE"

Poet, spoken-word artist, and songwriter Marshall Davis Jones wrote and performed a deeply moving poem for Omega staff while he was an artist-in-residence in September. Here's a brief excerpt.

"You are not invisible  
Even though we don't  
always see the work  
or aren't aware why  
we participants wake up  
and everything is just as it should be  
  
We eat as we should eat  
programs been programmed  
  
And clean be the garden  
the roads and the sheets..."

To read the full poem, visit [eOmega.org/NotInvisible](http://eOmega.org/NotInvisible)





Carla Goldstein

### USING POWER TO BUILD A WORLD THAT WORKS FOR EVERYBODY

Omega Institute's chief external affairs officer and director of the Omega Women's Leadership Center, Carla Goldstein, took part in a panel presentation for Women, Power, and Peace: Leadership in a New World at the United Nations Commission on the Status of Women.

As she conveyed during the panel, "Leadership should not be an imitation art. Women have the opportunity to lead humanity in a new direction. It's time to say that power should be used to build a world that works for everybody."

### OMEGA AND MINDFULNESS ON PBS

Omega was featured on the PBS program *Religion & Ethics Newsweekly*, in a segment titled "Mindfulness Goes Mainstream." The eight-minute piece highlights the work of Jon Kabat-Zinn and Congressman Tim Ryan, and points to Omega as a place where people from all over the world gather for mindfulness education.

### AN IDEAL RETREAT

Omega was listed in the September 7, 2012 *Wall Street Journal* article, "Don't Say a Word," as one of the best places to go for silent retreat in the world.

### THE AMAZING ECO MACHINE™

The Eco Machine™ at the Omega Center for Sustainable Living (OCSL) and its incredible ability to turn sewage into crystal clear water was featured on *CBS New York News: Seen at 11*.

### EMPOWERING WOMEN INTERNATIONALLY

At DLDwomen in Munich, Germany, Carla Goldstein joined global thinkers, CEOs, futurists, entrepreneurs, investors, scientists, and creative talents to exchange experiences on women empowerment driven by new economics, globalization, technology, and politics.

### WEIGHING THE RISKS & BENEFITS OF YOGA

In the popular *New York Times Magazine* article, "How Yoga Can Wreck Your Body," Omega yoga teacher Glenn Black shed light on a little acknowledged aspect of yoga, that without proper training, yoga practitioners and students risk serious injury.

### ENVIRONMENTAL HEROES

The International Living Future Institute recognized Omega's CEO, Robert "Skip" Backus, along with 11 other leaders, at the Living Future 2012 unConference for their tremendous efforts to adopt and champion the Living Building Challenge™. The Omega Center for Sustainable Living (OCSL) was one of the first buildings in the world to achieve full certification under the Living Building Challenge™.

### REGIONAL WATER MANAGEMENT INSPIRATION

At the Second Annual Living Green Symposium: Smart Water Management hosted by the Dutchess County Regional Chamber of Commerce, Skip Backus explained how Omega created the OCSL to solve a water management problem and reduce Omega's carbon footprint.



Skip Backus



### OMEGA ARTIST IN RESIDENCE BEAUTIFIES NEIGHBORHOOD

The waves of Omega artist in residence and muralist Alan Leon's Temescal Flows project are a reference to Temescal Creek and the nexus of cars and people that use the passage between the Temescal business district and the Children's Hospital Oakland neighborhood. Leon exhibited 10 photos of his project at the Omega Café and gave a talk and slide show presentation about their creation.

### OMEGA'S VOICE IN INSPIRED ACTION

Carla Goldstein was a panelist at Netroots Nation 2012: Love, Compassion and Other Outrageous Forms of Activism, where she explored the vital source of reconnection to a larger vision with Sharon Salzberg, Leslie Salmon Jones, and Mallika Dutt.

### GIRLS CAN CHANGE THE WAY WE THINK ABOUT POWER

Carla Goldstein recorded a video in support of the Girl Scouts To Get Her There campaign to help girls, and therefore society, succeed. Carla believes that we can make a really different world if we give girls the chance to express their unique forms of power.



### GENEROUS DONORS ADVANCE OMEGA'S STRATEGIC GOALS

In 2012, Omega touched the lives of more than 1.5 million people through on-campus programs that helped people grow and heal, and online events that connected us to communities around the world. Generous friends, old and new, made contributions totaling \$3,617,883 and strengthened our ability to continue creating inspired solutions toward personal and global challenges. Pictured here are some of these friends at the fourth annual Omega benefit and launch of the Omega Women's Leadership Center.

## BENEFIT LAUNCH CELEBRATION OF THE OMEGA WOMEN'S LEADERSHIP CENTER

Omega's fourth annual benefit event celebrated the launch of the Omega Women's Leadership Center (OWLC) with nearly 650 close friends, longtime Omega supporters, and participants from the 2012 Women & Power Conference: What's Possible. Since 1977, Omega's curriculum has included innovative opportunities for women. Over the years, more than 600,000 women from all walks of life have participated in Omega's programs. With the launch of the OWLC, we proudly began the next chapter of Omega's commitment toward inspiring women to become the kind of leaders the world needs now.

Benefit attendees helped us exceed our fundraising goal, with more than \$207,000 in proceeds, a 59% increase over our previous benefit events. Each dollar contributed toward the launch of the OWLC was matched by an additional \$4 through the visionary OWLC Challenge Grant, serving to advance the Omega Women's Leadership Center. The generosity of all funders strengthens our ability to take Omega's message of awakening the best in the human spirit to an ever-expanding community.



Patty Goodwin

## STEWARDSHIP COUNCIL DISCUSSES THE NATURE OF POWER

The annual Stewardship Council dinner has been the seed ground for the formation of a number of significant Omega initiatives, including our veterans programs. Thirty of Omega's closest friends and supporters gathered for an inspiring and provocative conversation about women, men, and power to help shape the development of Omega's 2014 Women & Power Conference. The dinner, held at Back Forty West, a restaurant owned by one of New York City's earliest greenmarket advocates, began with a conversation between Omega CEO Skip Backus and OWLC cofounder Carla Goldstein about the different ways that women and men hold power. Moderated by Omega board member Patty Goodwin, the conversation generated lively discussion and rich ideas for conference programming and planning.

## OMEGA SCHOLARSHIP PROGRAM DOUBLES

Thanks to supportive contributors, we expanded our scholarship program this year to more than 1,100 participants and more than \$600,000 in scholarship opportunities, including increased funding for public school teachers and other educators. Generous gifts from funders helped us to amplify the ripple effects of dozens of key Omega programs including Service Week, the Mindfulness & Education Conference, Omega's annual sustainability conference, the Retreat for Veterans with PTSD, and Extraordinary Health: An Integrated and Holistic Approach.



## OMEGA IS MY "FORTRESS OF SOLITUDE"

Superman had a place called his "Fortress of Solitude," where he went when he needed some space from everything going on in the world. Omega is my fortress and has helped me get through some very tough times, including divorce and a false malignant cancer diagnosis.

The workshops are well worth the cost and are always inspirational. The faculty, staff, and administration are first rate. I have made some lifelong friends among them. I always meet very interesting people going through tough times, or who are just there to improve themselves. At Omega, I've learned a lot about mindfulness, holistic health, and wellness, and my time there has helped me with my personal mission to promote the same.

—Alex Nason



## OMEGA GIVES BACK TO ME TENFOLD

I can't possibly give enough to equal what Omega gives back to me. It draws me year after year by my heartstrings. It's not a rational thing—not one reason—but feeling a sense that I am better off in my spirit when I am there. I can't explain or describe it other than to say that every time I'm there, I meet the most fabulous people. They see good things in me, too. The time is filled with moments that are heartwarming and last for weeks and months to come. So I guess what I'm saying, in an awkward way, is Omega's a magical place. I never know what will happen there. And everything that happens is always wonderful.

—Saskia Shakin



“Let yourself be silently drawn by the stronger pull of what you really love.” —Rumi

thank you



**THANK YOU FOR SUPPORTING OMEGA'S MISSION**

With deep appreciation, we thank all those who share Omega's commitment to awaken the best in the human spirit and cultivate the extraordinary potential that exists within us all. This list recognizes generous contributors who supported Omega's programs and key initiatives, including the Omega Center for Sustainable Living, the Omega Women's Leadership Center, and Omega Online Learning between January 1 and December 31, 2012.

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Debbie Warnes  
Judith Wegner  
Alison Wilson  
Sandy Witman  
Andrew Zimmerman  
Laurie Zollo





# Audited Financial Statements

## Statement of Financial Position

	2012 Totals	2011 Totals
<b>Assets</b>		
<b>Current Assets</b>		
Cash and Cash Equivalents	\$1,730,185	\$1,694,359
Loans Receivable	5,000	3,915
Accounts Receivable	2,695	-
Donations Receivable	98,602	138,116
Prepaid Expenses	421,468	474,124
Prepaid Taxes	217	4,717
Inventories	252,485	244,145
Deferred Program Costs & Marketing Expenses	319,906	340,585
Investment in Art	7,296	7,296
<b>Total Current Assets</b>	<b>2,837,854</b>	<b>2,907,257</b>
<b>Non-Current Assets</b>		
Land	1,197,850	1,145,328
Buildings and Improvements	17,857,609	16,845,620
Administrative Equipment/Software/Web	2,623,694	2,409,819
Campus and Profit Center Equipment	2,580,533	2,405,078
Accumulated Depreciation	(8,097,946)	(7,634,564)
<b>Total Non-Current Assets</b>	<b>16,161,740</b>	<b>15,171,281</b>
<b>Total Assets</b>	<b>\$18,999,594</b>	<b>\$18,078,538</b>
<b>Liabilities and Net Assets</b>		
<b>Current Liabilities</b>		
Accounts Payable	\$138,501	\$141,925
Accrued Expenses	136,627	104,363
Mortgage Payable, Current Portion	34,054	32,235
Taxes Payable	7,322	5,357
Deferred Program Revenue	2,526,126	2,030,758
Program Credits Outstanding	234,032	339,222
<b>Total Current Liabilities</b>	<b>3,076,662</b>	<b>2,653,860</b>
<b>Long-Term Liabilities</b>		
Mortgage Payable, Net of Current Portion	1,371,974	1,406,029
<b>Total Liabilities</b>	<b>4,448,636</b>	<b>4,059,889</b>
<b>Net Assets</b>		
Unrestricted	13,744,975	13,111,862
Restricted	805,983	906,787
<b>Total Net Assets</b>	<b>14,550,958</b>	<b>14,018,649</b>
<b>Total Liabilities and Net Assets</b>	<b>\$18,999,594</b>	<b>\$18,078,538</b>

## Statement of Cash Flows

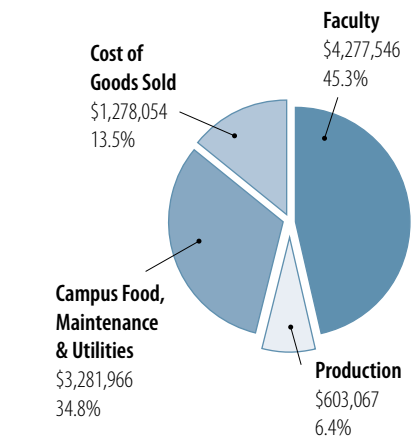
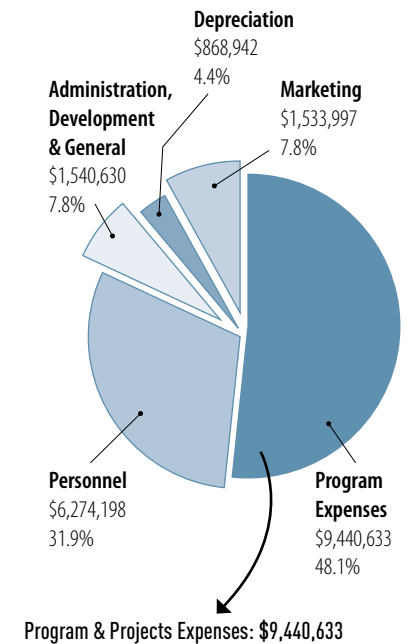
	2012 Totals	2011 Totals
<b>Cash Flows From Operating Activities</b>		
Change in Net Assets	\$532,310	\$1,514,905
Adjustments to reconcile change in net assets to cash provided by operating activities:		
Depreciation	868,942	637,322
(Increase)/Decrease in Operating Assets		
Accounts and Loans Receivable	(3,780)	(1,153)
Prepaid Expenses	52,656	(420,706)
Inventories	(8,341)	(8,310)
Deferred Program Cost	20,679	521,702
Donations Receivable	39,514	(82,091)
Tax Refunds	4,500	(4,138)
Increase/(Decrease) In Operating Liabilities		
Deferred Program Revenue	495,368	(599,230)
Accounts Payable	(63,493)	52,193
Taxes Payable	1,965	2,397
Wages Payable	92,333	92,333
Program Credits	(105,190)	59,372
<b>Net Cash Provided by Operating Activities</b>	<b>1,927,463</b>	<b>1,764,596</b>
<b>Cash Flows Used In Investing Activities</b>		
Equipment Purchases, Net	(1,859,401)	(1,813,165)
<b>Cash Flows Used In Financing Activities</b>		
Payments on Mortgage Payable	(32,236)	(30,515)
<b>Net Increase/(Decrease) in Cash</b>	<b>35,826</b>	<b>(79,084)</b>
<b>Cash, Beginning of Year</b>	<b>1,694,359</b>	<b>1,773,443</b>
<b>Cash, End of Year</b>	<b>\$1,730,185</b>	<b>\$1,694,359</b>
<b>Other Supplemental Information:</b>		
Interest Paid	\$79,718	\$89,602

## Statement of Activities

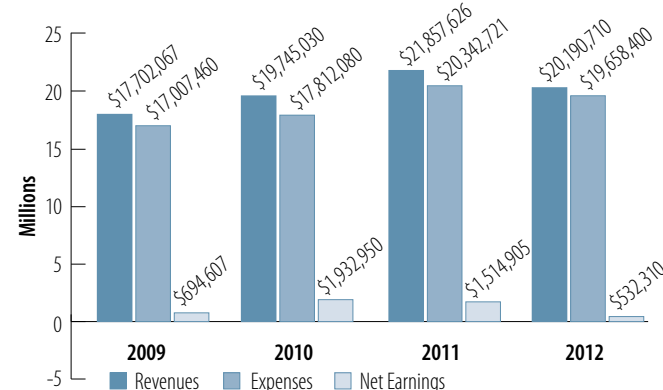
	Unrestricted	Restricted	2012 Totals	2011 Totals
<b>Revenues</b>				
<b>Program Activities</b>				
Programs and Housing	\$14,244,349		\$14,244,349	\$16,682,910
Meals Revenue	39,687		39,687	42,076
Media Works	28,949		28,949	57,594
Bookstore Revenue	1,142,739		1,142,739	1,357,081
Cafe Revenue	303,227		303,227	305,751
Wellness Center Revenue	740,658		740,658	758,467
Other Sales	8,137		8,137	3,362
<b>Total Program Activities</b>	<b>16,507,746</b>	<b>-</b>	<b>16,507,746</b>	<b>19,207,241</b>
<b>Donation Revenue</b>				
Donations - Unrestricted	960,835		960,835	239,617
Women & Power - Restricted		273,969	273,969	61,448
Women's Institute - Restricted		1,952,106	1,952,106	1,764,783
Scholarship Fund - Restricted		12,796	12,796	170,854
Capital Campaign - Restricted		385,139	385,139	196,650
Ram Dass Library Fund - Restricted		8,271	8,271	-
Other Restricted Donations		24,766	24,766	110,025
<b>Total Donation Revenue</b>	<b>960,835</b>	<b>2,657,047</b>	<b>3,617,882</b>	<b>2,543,377</b>
<b>Investment Activities</b>				
Revenues-Investment Income	3,114	-	3,114	23,967
<b>Miscellaneous Activity</b>				
Miscellaneous Income	61,968	-	61,968	83,041
<b>Assets Released from Restrictions</b>	<b>2,757,850</b>	<b>(2,757,850)</b>	<b>-</b>	<b>-</b>
<b>Total Revenues</b>	<b>20,291,513</b>	<b>(100,803)</b>	<b>20,190,710</b>	<b>21,857,626</b>
<b>Expenses</b>				
<b>Program Expenses</b>				
Program Faculty	4,277,546		4,277,546	4,904,862
Program Production	603,067		603,067	811,305
Other Guest Expenses	1,165,190		1,165,190	1,279,950
Kitchen and Housing	1,288,301		1,288,301	1,272,204
Campus Expenses	828,475		828,475	829,085
Bookstore Cost of Sales	670,147		670,147	786,343
Other Cost of Sales	5,410		5,410	36,315
Media Production Costs	12,182		12,182	12,609
Cafe Cost of Sales	177,397		177,397	183,412
Wellness Center	412,918		412,918	449,234
<b>Total Program Expenses</b>	<b>9,440,633</b>	<b>-</b>	<b>9,440,633</b>	<b>10,565,319</b>
<b>Administrative Expenses</b>				
Personnel	6,274,198		6,274,198	6,124,338
Administrative	893,252		893,252	901,058
Development	340,668		340,668	165,834
Marketing	1,533,997		1,533,997	1,569,884
General	306,710		306,710	378,966
Depreciation	868,942		868,942	637,322
<b>Total Administrative Expenses</b>	<b>10,217,767</b>	<b>-</b>	<b>10,217,767</b>	<b>9,777,402</b>
<b>Total Expenses</b>	<b>19,658,400</b>	<b>-</b>	<b>19,658,400</b>	<b>20,342,721</b>
<b>Increase In Net Assets</b>	<b>633,113</b>	<b>(100,803)</b>	<b>532,310</b>	<b>1,514,905</b>
<b>Net Assets at Beginning of Year</b>	<b>13,111,862</b>	<b>906,786</b>	<b>14,018,648</b>	<b>12,503,743</b>
<b>Net Assets at End of Year</b>	<b>\$13,744,975</b>	<b>\$805,983</b>	<b>\$14,550,958</b>	<b>\$14,018,648</b>

## 2012 Overall Expenses

Total Expenses: \$19,658,400



## Comparative Revenues, Expenses, and Net Earnings



Omega Institute for Holistic Studies, Inc. is qualified as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible, as allowed by the law.

The Statements of Financial Position and Activities is summarized here. A complete copy of the last annual report filed with the New York State Office of the Attorney General may be obtained upon request by writing to the:

New York State Office of the Attorney General  
Charities Bureau  
120 Broadway  
New York, NY 10271

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The board wishes to acknowledge and thank longstanding member of the Omega board of directors, Gary L. Krauthamer, for his dedicated service as board chair from 2008 to 2012.



Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth programs. 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 each year to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world.

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