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Omega's Theme Weeks Add Fun and Learning to Summer Vacations

Arts Week, Retreat Week, and Family Week

RHINEBECK, NY – Omega Institute, a premier educational retreat center and tourist destination in the Hudson Valley, is hosting theme weeks starting in July. Arts Week, Retreat Week, and Family Week pair summer vacation fun with lifelong learning, and are among Omega's longest running and most popular programs.

“As our work culture is becoming 24–7 and we are increasingly expected to meet an endless stream of demands, Omega's Arts Week, Retreat Week, and Family Week offer a rare opportunity to dabble in things we don't get to touch every day—our creativity, contemplative practice, and family time where others are doing the cooking,” said Carla Goldstein, chief external affairs officer at Omega.

Omega Arts Week, July 5–10: Omega Arts Week has been a popular program for more than 20 years. During this week, guests have the opportunity to immerse themselves in art throughout the day, and enjoy evening events, art displays, and being in a supportive community of budding and experienced artists. Workshops will be offered in songwriting, trapeze arts, poetry, visual arts, and more.

Omega Retreat Week, July 12–17: Extraordinary teachers from many traditions add breadth and depth to the participant's contemplative and spiritual exploration. Workshops offer a number of options to choose from, ranging from inward contemplation to outward celebration—for example, Zen creativity, yoga and meditation, qigong, writing, gospel music, and more.

Omega Family Week, August 2–7: Omega Family Week, a popular program for more than 30 years, delivers something rare—a unique balance of time together and time apart—so every family member can learn, play, and grow. Adult workshops run concurrently with kids' camps, and all gather together for meals, free time, and evening entertainment. Children of all ages are welcome as well as families of all configurations. A complete list of workshops and camps is available online.

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. All guests have the option to attend daily open classes in yoga, tai chi, meditation, and movement.

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](#).

For more information about Omega, 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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