

FOR IMMEDIATE RELEASE
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Omega's 2015 Women & Power Retreat Invites Women to Break New Ground & Heed the Call for Personal & Collective Boldness

Women & Power: Being Bold, September 18–20 to Feature Elizabeth Gilbert, Bonnie St. John, Wendy Davis & More Trailblazing Women who #DoPowerDifferently

RHINEBECK, NY—At a time when the news seems to reflect an increasingly divided country, with partisan debates about what kind of leadership is needed most, Omega Institute is again stepping up and stepping out as a hub for conversation about how together as a human family we can #DoPowerDifferently. Omega's 2015 Women & Power Retreat carries the theme of Being Bold, challenging our culture to heal old wounds and build creativity with the understanding that we are all in this together.

“It's time to change our definition of what it means to be daring. Across the globe women are forging a new path—one that blends risk-taking with caretaking, fearlessness with tenderness, and independence with interdependence,” said Carla Goldstein, chief external affairs officer at Omega and cofounder of the Omega Women's Leadership Center.

The weekend retreat begins at 7:45 p.m. on Friday, September 18th and concludes Sunday, September 20th at noon. The [schedule](#) includes keynote talks by Omega cofounder Elizabeth Lesser, bestselling author Elizabeth Gilbert, Olympic medalist Bonnie St. John, former Texas state senator Wendy Davis, former Minister of Information of Yemen Nadia Al-Sakkaf, and other inspiring leaders. Additional discussions and breakout workshops in movement, contemplation, and creativity will provide tools for practicing everyday boldness.

Throughout the weekend attendees can enjoy Omega's campus and take advantage of scheduled breaks that leave time for walks in nature, yoga and meditation classes, evening entertainment, and creating community with each other.

For nearly 40 years, Omega has provided interdisciplinary opportunities for human development across the lifespan with an integrated approach to personal growth and social change. An outgrowth of this work, the [Omega Women's Leadership Center \(OWLC\)](#), supported by a highly esteemed and international [advisory council](#), offers a variety of opportunities for women to strengthen their leadership at home, at work, and in the world.

Since 2002, Omega has received generous scholarship funding to bring more than 875 leaders of diverse backgrounds to conferences, workshops, and events. This year, more than 100 scholarships have been given for the Women & Power conference. Omega is also offering tiered pricing for the conference, allowing guests to choose one of four prices based upon financial circumstance.

To learn more, 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.

Join the conversation on facebook.com/owlc.omega and on Twitter [@omega_institute](https://twitter.com/omega_institute) #OWLC, #DoPowerDifferently.

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 more than 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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