

FOR IMMEDIATE RELEASE
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Omega's Remedy for Winter Is Close to Selling Out

All-Inclusive Winter Learning Vacations in Costa Rica Still Available for Week of January 30-February 6, 2016

RHINEBECK, NY– Omega, a premier destination for wellness and lifelong learning in New York's Hudson Valley, returns to its winter home in Costa Rica for the 6th year. [Omega Costa Rica](#), offering more than 20 programs at Blue Spirit between January 9 and February 13, 2016, is nearly sold out. Opportunities to sample from a variety of programs with top teachers are still available for the week of January 30–February 6, 2016.

“Omega winter learning vacations offer a perfect blend of rest and relaxation, coupled with creative, educational experiences,” said Chrissa Pullicino, manager of external communications at Omega. “Our all-inclusive packages allow you to design your own experience. You can choose to do as much or as little as you want while on vacation.”

Costa Rica, a recognized “[blue zone](#)” or geographic area where people live measurably longer lives, has become a sought-after destination for those seeking rest and rejuvenation in the beauty of nature. Blue Spirit Costa Rica is located in Nosara and was created by Omega cofounder, Stephan Rechtschaffen.

Mornings at Omega Costa Rica can begin with a yoga or movement class, a walk on the beach, or a dip in the infinity pool. Workshops meet each day (except Wednesday) in the morning and afternoon. Guests can sample from the following [workshops](#) during the week of January 30–February 6, 2016:

- The Path to UltraWellness, taught by Mark Hyman, MD
- Mating in Captivity, taught by Esther Perel, MA
- Afro Flow Yoga™, taught by Leslie Salmon Jones and Jeff W. Jones
- Bouncing Back & Bouncing Forward, taught by Jack Saul, PhD
- The Free Heart™, taught by Annette Knopp
- Longevity & Beyond, taught by Stephan Rechtschaffen, MD
- Vibrancy & Resilience Qigong Practice, taught by Steven Michael Pague

During free time, people choose to roam the pristine beaches, swim or surf the world-class waves, meet new friends in the café, relax with a massage, or choose from a number of exciting excursions.

Each weeklong winter learning vacation includes 7 nights' accommodations, 3 meals per day, choice of workshops, use of facilities, and optional activities. Prices range from \$1,295 to \$3,200, depending on type of accommodations selected, and do not include airfare or travel.

For detailed information, or to register, please visit eOmega.org/costarica or call 800.944.1001.

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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