

FOR IMMEDIATE RELEASE  
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## Learn In-Person or Online With Omega's Global Community

*More Workshops Offered Than Ever Before With Leading Teachers Like Eckhart Tolle, Olympia Dukakis, Michael Bernard Beckwith, Mark Hyman, Kelly Turner, and More*

RHINEBECK, NY – This week Omega Institute, a premier nonprofit educational retreat center in New York's Hudson Valley, reopened for its 2016 guest season which runs through October. Omega is offering a record 370 in-person workshops and [new online learning opportunities and live stream talks](#).

“There has never been such widespread interest in or need for the knowledge and skills we've been cultivating for nearly 40 years. We are thrilled to be growing our learning community both on campus and online,” said Carla Goldstein, chief external affairs officer at Omega.

Each year, more than 23,000 people from all walks of life visit Omega's beautiful 250-acre campus in Rhinebeck, New York, and nearly 2 million people visit eOmega.org for articles, videos, and online learning. Omega's curriculum spans six Learning Paths: Body, Mind, Spirit; Health & Healing; Creative Expression; Relationships & Family; Leadership & Work; and Sustainable Living.

Additionally, Omega offers [Rest & Rejuvenation Getaway Retreats](#) designed to help people unwind, relax, and explore Omega's core teachings in classes exclusive to R&R Retreat guests.

All guests have the option to attend daily open classes in yoga, tai chi, meditation, and movement. Omega's Children's Program is available for children ages 4 to 12. 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.

Located just 90 miles north of New York City, Omega is open seasonally, from May 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.

This year Omega will award more than \$250,000 in full and partial [scholarships](#) to individuals, including those with limited finances or special needs, scholarships for women, veterans, artists, educators, first responders, and cancer patients and survivors. Omega also offers [tiered pricing](#) on select programs—allowing guests to choose one of four prices based on financial circumstances.

For more information visit [eOmega.org](http://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](http://eOmega.org)*

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