

FOR IMMEDIATE RELEASE
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Omega to Expand Its Commitment to Yoga in 2016

Leading Destination for Yoga Education to Deepen Focus on Yoga Therapy

RHINEBECK, NY – Today Omega Institute, a leading destination for yoga education in New York’s Hudson Valley, announced the launch of [11 innovative workshops and training opportunities](#) in the growing field of [yoga therapy](#). Yoga therapy adapts the practice of yoga to the unique needs of individuals who are dealing with specific health issues—including injuries, illnesses, and temporary or chronic health conditions.

“Yoga therapy is a complementary modality that offers a wide range of benefits, aids in the healing process, and can help improve quality of life,” said Carla Goldstein, Omega’s chief external affairs officer. “We’re expanding our commitment to yoga education in 2016 to include new opportunities for teachers, therapists, and health-care professionals to learn how to implement yoga therapy in a variety of settings,” concluded Goldstein.

Yoga therapy is founded on ancient healing wisdom combined with new scientific and medical understanding. These programs benefit people of all ages, body types, and physical conditions, as well as those who have never tried yoga before.

Examples of Omega’s 2016 Yoga Therapy Workshops/Training Include:

[Trauma-Informed Yoga: Create a Supportive Practice for Your Students](#) (July 8–10, for teachers, therapists, and health professionals), with Hala Khouri, E-RYT. This training explores the latest information from the growing field of trauma research and treatment and introduces you to yoga and mindfulness practices to help your students manage or even resolve symptoms of trauma.

[Yoga for Addiction & Mental Health: Love the Body Back to Life](#) (August 28–September 2, for yoga teachers, yoga therapists, and mental health professionals), with Bryant Mascarenhas. This program focuses on specific protocols of asana, pranayama, diet, and nutrition to help those suffering from addiction, depression, anxiety, and other mental health issues.

[Yoga as Medicine: The Art & Science of Yoga Therapy](#) (October 2–7, this training is open to all and suitable for yoga teachers and students, holistic health practitioners, health-care professionals, and those seeking yoga therapy for conditions such as back pain, cancer, arthritis, heart problems, Parkinson’s disease, anxiety, and depression), with Timothy McCall, MD, and Eliana Moreira. This hands-on training provides a systematic roadmap to using yoga as a therapy to improve health.

For a full list of yoga therapy workshops/training opportunities visit, eOmega.org/yogatherapy.

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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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