

FOR IMMEDIATE RELEASE
July 25, 2016

Chrissa Pullicino
845.266.4444 ext. 404

Omega's Annual Family Week and Mothers & Daughters Programs Emphasize Building Healthy Relationships

Omega to Offer Workshops for Families Throughout Summer & Fall 2016

RHINEBECK, NY – Omega Institute, nestled in New York's Hudson Valley, will provide a series of programs throughout the summer and fall of 2016 designed to benefit families. A highlight among these programs, Omega Family Week has been popular for more than 30 years, as it delivers something rare for children and adults: a unique balance of time together and time apart. In addition, Omega will host several workshops for mothers and their daughters.

“Omega's Family Week and Mothers & Daughters programs help foster conscious relationships with family members. This is so important because relationships with those closest to us are central building blocks that shape and define us,” said Carla Goldstein, chief external affairs officer at Omega.

Family Week (August 7–12) 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.

Radiant Power of Women, Teens, and Girls (August 14–19) workshops run concurrently (girls and teens require a parent or guardian to also attend a program on campus). In these workshops, women and girls learn Kundalini Yoga, meditation, and dance. Tiered pricing is available for The Radiant Power of Women program.

Mothers & Daughters retreats are being offered for mothers and their preteens (**October 14–16**), and teens (**October 21–23**). Taught by mother and daughter team, Sil and Eliza Reynolds, the program guides mothers and daughters in how to navigate challenges and nourish relationships to keep a strong bond through the preteen and teenage years.

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 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 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

###