

FOR IMMEDIATE RELEASE
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Omega to Offer All-Inclusive Winter Learning Vacations in Costa Rica

Weeklong Wellness Vacations With Top Teachers Planned at Omega's Winter Home, Blue Spirit

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 7th year. [Omega Costa Rica](#) is offering more than 30 dynamic workshops over 5 weeks at Blue Spirit between January 7 and February 11, 2017. This popular program has already sold out for the 1st and 3rd weeks.

“Omega winter learning vacations offer the best of both worlds—workshops with inspiring teachers and time to rest and explore Costa Rica. Guests can choose from two options when booking : enjoy a sampler week with several teachers, or go more in-depth with a weeklong immersion experience with a specific teacher,” said Chrissa Pullicino, manager of external communications at Omega.

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). A full list of [workshops](#) can be found online; a sampling of available workshops is listed below:

- Getting the Love You Want, taught by Harville Hendrix, PhD, and Helen LaKelly Hunt, PhD
- Unlock Your Purpose, taught by Richard Leider
- Relax & Write, taught by Maia Danziger, CPCC
- Yoga for Rejuvenation, taught by Marianela Ortiz
- Love, Sex & Awakening, taught by Margot Anand
- Mindful Living, taught by Melissa Myozen Blacker, Roshi, MA, and Florence Meleo-Meyer, MS, MA
- The Path to Longevity, taught by Omega cofounder and Blue Spirit creator, Stephan Rechtschaffen, MD

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 \$1,345 to \$3,295, depending on type of accommodations selected, and do not include airfare or travel. Guests can also add an optional 7-day cleanse for an additional \$320 charge.

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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