

FOR IMMEDIATE RELEASE

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# Omega Brings Eckhart Tolle & Kim Eng to New York City & Chicago for Select Events

*‘Presence Through Movement’ with Kim Eng Is Perfect Precursor to ‘An Evening With Eckhart Tolle’ in New York City March 31<sup>st</sup> & Chicago April 7<sup>th</sup>*

RHINEBECK, NY– Omega Institute today announced it will present programs in New York City on March 31<sup>st</sup> and in Chicago on April 7<sup>th</sup> with internationally renowned spiritual teachers, [Eckhart Tolle and Kim Eng](#). These events offer a rare opportunity to learn from Tolle and Eng in-person, over the course of a day rather than attending an extended retreat.

“Eckhart and Kim have helped countless people find greater fulfillment by developing the skill to live in the present moment. It sounds simple but the practice is quite profound, and can influence how you navigate everything in life—from relationships to career, to facing illness or loss,” said Robert “Skip” Backus, chief executive officer at Omega.

With his international best sellers *The Power of Now* and *A New Earth*, Tolle introduced the transformative practice of “presence” and became a widely sought-after teacher. In 2008, Omega’s cofounder, [Elizabeth Lesser](#), helped [Tolle and Oprah Winfrey](#) produce a 10-week live webinar based on *A New Earth* that was viewed by millions of people around the world. Today Tolle continues to spread his message, working extensively with his partner Kim Eng, who teaches body-based practices such as tai chi, qigong, and yoga in combination with Tolle's teachings on meditation, contemplation, and self-inquiry.

Eng’s upcoming ‘Presence Through Movement’ workshops in New York City and Chicago provide attendees with an afternoon of practice, beginning at 1:00 p.m., that is foundational to the corresponding program, ‘An Evening With Eckhart Tolle’ that follows at 7:30 p.m. after a break in between. Attendees can register for one or both events in either city.

## **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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