

FOR IMMEDIATE RELEASE
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Omega Expands Reach Beyond Its Hudson Valley Home With New Strategic Direction & Year-Round Membership Opportunity

500 Top Teachers to Present at Omega in 2018, Including Deepak Chopra, Marianne Williamson, Glennon Doyle, Paul Hawken, Tracy McMillan & Vandana Shiva

RHINEBECK, NY—[Omega Institute for Holistic Studies](#), a pioneer in personal growth and social change, reopens its Rhinebeck, New York campus this week for six months of in-person workshops, conferences, retreats, and professional training, running now through October. Long recognized as one of the world's top destinations for lifelong learning, Omega is taking steps to bring more of what they offer in the Hudson Valley directly to people's homes, through [online learning](#) and new [membership](#) opportunities that can be accessed year-round.

“Having recently completed work on Omega's 5-year Strategic Plan, we are energized and committed to enriching learning experiences and scaling up our engagement as a global force for change. At the heart of that commitment is membership,” said Robert “Skip” Backus, chief executive officer at Omega. “Omega will continue to offer more than 380 programs a year featuring outstanding teachers on our Rhinebeck campus, while adding exciting online learning opportunities that can be experienced from anywhere,” said Backus.

As a mission-driven nonprofit organization, Omega provides hope and healing to individuals and society. From protecting the environment to supporting veterans, women leaders, and other nonprofit organizations, to bringing yoga, mindfulness, and other wellness practices to an ever-widening community of people, Omega's integrated approach to social, cultural, and environmental challenges brings a fresh perspective to some of today's most pressing issues.

Omega believes that a holistic education should be available to everyone. To increase access and help counter financial barriers, Omega offers a robust [scholarship program](#) and tiered pricing options. Additionally, Omega's community engagement efforts include a unique nonprofit retreat grant program that offers space to aligned change leaders so they can build organizational action plans, and rest and rejuvenate.

The newly launched Omega Membership program helps Omega sustain its capacity to deliver its nonprofit mission and expand its global impact. Member gifts help support Omega's scholarship fund, fuel community outreach, and fortify its support to nonprofit peers. Membership benefits include access to articles, videos, and online talks, as well as one free online course each year, tuition discounts and savings on the Rhinebeck campus, and more. Membership benefits begin at \$10 per month or \$120 per year.

A Sampling of 2018 Rhinebeck Program Highlights:

[Yoga Service Conference](#)

[Nonprofit Retreats](#)

[Veterans Retreats](#)

[Mindfulness & Education Conference](#)

[Omega Women's Leadership Intensive](#)

[Drawdown Learn: Teaching A Solutions-Based Approach to Climate Change](#)

[R&R Getaways](#)

Located just 90 miles north of Manhattan, Omega offers guests access to daily classes in yoga, meditation, tai chi, and movement. The Omega Wellness Center offers a wide variety of services, including massage, facials, acupuncture, and life coaching. The 250-acre campus also includes a library, sauna, Sanctuary, lake, tennis courts, basketball court, woodland trails, gardens, a café, book store, and more. Free tours of the award-winning environmental education center, the Omega Center for Sustainable Living (OCSL), are offered weekly and by appointment.

To learn more 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

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