

FOR IMMEDIATE RELEASE
July 19, 2018

Chrissa Santoro
845.266.4444 ext. 404

Omega Offers 70 Health & Healing Workshops Including New Courses Focused on Aging Well

Leader in Holistic Health & Wellness Spotlights Upcoming 2018 Programs

RHINEBECK, NY—According to the [New York Times](#), the average lifespan has more than doubled since 1900. With people living longer than ever, the need to address health and longevity is crucial to maintaining a high quality of life. [Omega Institute](#), a leading voice in holistic health for more than 40 years, today highlighted more than 70 programs aimed at empowering people to lead a healthy lifestyle and make informed choices.

“At Omega we know that the well-being of self, community and the world are interwoven. Our expert faculty offer a wide range of modalities, perspectives and practices to support self-care and caring for others,” said Carla Goldstein, chief external affairs officer at Omega. “Our integrated approach to wellness and personal growth helps people optimize health, increase vitality, and build resiliency at all stages of the lifespan,” concluded Goldstein.

Among its numerous offerings in 2018, Omega is presenting several programs that focus on aging well—from overcoming physical changes and challenges to harnessing wisdom and embracing conscious elderhood.

A full list of opportunities is available online and a sampling is listed below:

- [Embracing Conscious Elderhood \(August 5-10\)](#)
Explore paths of wisdom, fulfillment, inner work, and conscious aging in this highly experiential program with Ron Pevny, founder and director of the Center for Conscious Eldering in Durango, Colorado.
- [Aging With Sass & Class \(September 14-16\)](#)
Focus on how to create vitality in every sector of life—“from your brain to your belly, and your work to your play”—with scientist and psychologist Joan Borysenko, PhD.
- [Overcoming Pain With Yoga Therapy \(September 14-16\)](#)
Learn how to apply the proven principles of yoga therapy to reduce pain and optimize health for upper back, neck, and shoulders with physical therapist Emily Large.
- [Aging Backwards: Exercising Mind & Body With Essentrics \(September 28-30\)](#)
Utilizing groundbreaking new science, Essentrics® creator Miranda Esmonde-White and trainer Meg Feeney introduce new tools to defy the aging process. Dynamic yet gentle exercises are meant for all ages, body types, and fitness levels.

A limited number of media passes are available. To apply for a media pass, visit eOmega.org/mediacenter.

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

###