

FOR IMMEDIATE RELEASE

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Omega Announces 2020 Event Lineup In Digital Catalog

More Than 350 Workshops, Conferences, & Retreats with the Nation's Leading Teachers Now Available to Browse Online

RHINEBECK, NY— [Omega Institute for Holistic Studies](#), a premiere travel destination and leading nonprofit in New York's Hudson Valley, today announced their 2020 lineup of programs in their annual [digital catalog](#). Acclaimed thinkers, doers, creatives, and spiritual teachers will lead more than 350 programs in-person and online. Teachers range from MacArthur “genius grant” recipient Lynda Barry, to multiple Grammy winner Bobby McFerrin, to *New York Times* bestselling authors Jon Kabat-Zinn, Christiane Northrup, and many more. With the digital catalog’s clickable links, choosing programs to attend has never been easier.

“Omega’s digital catalog is just one of the ways we are using technology to make what we offer more accessible to a global audience,” said Carla Goldstein, president of Omega. “It also offers a sustainable alternative for those who no longer wish to receive the print catalog by mail. We are hopeful that in time, more and more of the people we serve will make the switch,” concluded Goldstein.

Since 1977, Omega has seen more than one million people come through its doors to grow, learn, and find a greater sense of purpose. Annually, more than 23,000 people attend Omega’s programs in-person, and close to 2 million visit its website to read, watch and listen to free educational content, and to participate in online courses.

Omega’s curriculum spans six distinct learning paths: body, mind, and spirit; health and healing; creative expression; relationships and family; leadership and work; and sustainable living.

For more information visit eOmega.org, and follow Omega on Facebook, Twitter, YouTube, Instagram, LinkedIn, and Pinterest.

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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