



2009 Annual Report

OMEGA

A Model for Change



OMEGA

Attendance at Omega Institute’s inspiring, educational programs remained strong, despite the economic downturn, as people turned to Omega for the tools and support needed to deal with life’s changes.

At Omega, we look at change holistically. No one issue or problem is disconnected from another. Since it seems it’s human nature to make big changes when confronted with big challenges, this year presented the chance for many people to move from an old paradigm of fear to one of creativity and sustainability. Omega has been helping create this shift since 1977.

In July, Omega proudly celebrated one of its own creative and sustainable initiatives, the opening of the award-winning Omega Center for Sustainable Living (OCSL), a state-of-the-art environmental education center and water reclamation facility (see page 2). The OCSL is a dynamic model of how interconnected we all are with the world around us, and will serve as the heart of Omega’s ongoing environmental initiatives. Other Omega initiatives flourished in 2009 as well. Our veteran’s program tripled to include 66 veterans; we awarded 100 scholarships to the Women’s Institute annual conference, Women & Power: Connecting Across Generations; and we hosted 600 participants from more than 31 nonprofit organizations without charge during our annual nonprofit Service Week.

We know Omega’s continued growth during this challenging year is due in large part to the wisdom, meaning, and hope that our nearly 500 esteemed faculty offered in more than 350 programs. Our dedication to their teachings is deeper than ever, and we look forward to continuing to provide a safe and beautiful haven where people can gather together for inspiration and renewal in the face of changes big and small.

Skip Backus

Robert “Skip” Backus
Chief Executive Officer

Participants continue to turn to Omega to help harness the winds of change for their own renewal, and the betterment of the world.

Unveiling a Landmark Achievement In Green Building

“By working to meet the Living Building Challenge, the OCSL pushed the design envelope to allow this building to live in the sacred ecology that connects each of us to one another.”

—John Todd,
ecological designer and developer of the Eco-Machine™



The Omega Center for Sustainable Living (OCSL), a state-of-the-art environmental education center and water reclamation facility, is expected to be one of the first buildings in the United States to receive the Living Building designation.

The opening of the OCSL on July 16, 2009, represents Omega's more than 30-year commitment to modeling an integrated way of looking at the world and our place in it.

More than 300 people attended the grand opening celebration of the OCSL. The ceremony included keynote remarks from Omega's leadership as well as many notable speakers, including Majora Carter, founder of Sustainable South Bronx, John Todd, designer of the Eco Machine™, and Tara Sullivan, executive director of the Hudson-Fulton-Champlain Quadricentennial Commission. Tara Sullivan delivered a New York State Letter of Commendation from Governor Paterson, designating the OCSL a Quadricentennial Legacy Project, and commemorating the historic day.

The OCSL is an exciting new addition to Omega's landscape. It is both a representation of our commitment to the earth and the focus of programs that explore new ways of being in relationship with each other and our planet. A model of sustainable architecture, the OCSL is a pioneering project in the Living Building Challenge and is also on track to receive LEED Platinum certification. A \$3.2 million capital campaign is underway to complete the funding of this visionary project.

Celebrating Earth Day at the Omega Center for Sustainable Living (OCSL)

On Earth Day 2009, more than 185 Omega staff joined together to help plant 9,000 native plant species in the OCSL's constructed wetlands. The plants, including cattails and bulrushes, add a beautiful value to the landscape while their roots below the surface are an integral part of the Eco Machine, a water filtration system that is central to the OCSL's operations. This living system uses plants, bacteria, algae, snails, and fungi to recycle Omega's wastewater (approximately 5 million gallons per year) into clean water that is used to recharge the local aquifer.

Program Highlights



Top row, l to r:
Debbie Ford, Harville Hendrix

Bottom row, l to r:
Tara Brach, Adyashanti, John Perkins and Llyn Roberts



With more than 350 programs stretching over seven months, Omega presented nearly 500 of the country's most renowned faculty, including Pema Chödrön, Thich Nhat Hanh, John of God, and Adyashanti, with some of their largest audiences of the year. In programs ranging from five to thousands of participants, our guests found the inspiration and tools necessary to face life changes big and small.

Highlights from 2009 programs are rich and diverse. Both Omega and participants were awed by the wise and timeless leadership of the International Council of Thirteen Indigenous Grandmothers, who came to campus for the first time in 2009. As women of prayer and action who regularly travel the globe to bear witness to the wounds of people and of the earth, they offered teachings and prayers for all life and for the next seven generations to come.

Omega was pleased to welcome back preeminent Tibetan Buddhist teacher Pema Chödrön for two meditation retreats. Participants flocked to these spring and fall retreats, which offered timely practices designed to transform difficulties and fear into the path of awakening. The healing power of meditation was also extended to more than 60 veterans in Claude Anshin Thomas' retreat for veterans, their families, and friends, who learned vital meditation techniques as a path to healing from traumatic experience.

Other programming highlights include a powerful silent retreat with Adyashanti, and meditation retreats with Sufi master Llewellyn Vaughan-Lee and Buddhist meditation teacher Tara Brach. Omega's own Elizabeth Lesser led a popular workshop based on her book, *The Seeker's Guide*, Krishna Das headed a rousing weekend of ecstatic chant, and John of God (Medium João) filled the campus for four days of healing.

For the first time at Omega, shamanic teachers John Perkins and Llyn Roberts offered an exclusive apprenticeship training and Matthew (Uttamaji) offered an experience of Oneness, a profound transfer of spiritual energy. James Van Praagh led powerful workshops in mediumship, Brian Weiss once again taught popular programs in past-life therapy, Debbie Ford helped people uncover their inner light, and Harville Hendrix and Helen LaKelly Hunt guided couples to experience conscious connection with Imago Relationship Therapy.

Program Highlights *(continued)*

"Teaching at Omega always feels like coming home. Like siblings, Omega and I grew up together, learning how to deliver programs that inform, inspire, and renew the spirit. There is nowhere I'd rather be."

—Joan Borysenko, PhD, author of the *New York Times* best-seller *Minding the Body, Mending the Mind*

New Faculty Focus Daniel Rechtschaffen appeared at Omega for the first time as the organizer of the break-out program, Mindfulness & Education Retreat. Kim Eng, who works extensively with Eckhart Tolle, led Meditations for a New Earth, Carol Look taught participants how to attract abundance, Lauren Mackler led people to master the art of aloneness, and Lama Willa Miller proved to be a popular new Tibetan Buddhist meditation teacher. Beth Netter and Annette

Knopp teamed up to offer two Women's Wellness weeks, and Barbara Stanny shared the secrets of high-earning women. Robert Ohotto taught participants to unlock their purpose and live authentically, Richard Rohr led contemplative prayer as an alternative consciousness, and Tom Francescott showed participants how to detox safely and create health and wellness in their lives.





Conferences In an exceptional two-day event in New York City, Omega offered an experience of peace with Thich Nhat Hanh, one of the most influential Buddhist leaders in the world. “Omega shares Thich Nhat Hanh’s vision and commitment to creating a more compassionate global community that recognizes the interconnectedness of all,” says Skip Backus, chief executive officer of Omega. The conference, Building a Peaceful & Compassionate Society, sounded a hopeful message for a world filled with persistent violent conflict and human threat to the survival of the earth.

Also in New York City, Omega introduced a new series called Omega NYC. “Omega NYC workshops offer people new skills, and hope as they revision and reinvent their lives during trying times,” explains Carla Goldstein, director of external affairs at Omega. The conference included six of our most popular and inspiring programs, presented by Byron Katie, Marianne Williamson, James Van Praagh, Harville Hendrix and Helen LaKelly Hunt, Donna Eden and David Feinstein, and Sylvia Boorstein, Tulku Thondup Rinpoche, Polly Young-Eisendrath, and John Tarrant.

With an expanding focus on urban workshops, Omega also hosted a special Boston event, The Wise Heart & the Mindful Brain: Buddha Meets Neurobiology. Plumbing the depths of new research in neurobiology, as well as practices from Eastern and Western psychology and spirituality, Jack Kornfield and Daniel J. Siegel explained how understanding consciousness can help reduce stress and awaken true happiness.

Omega’s Being Yoga conference took the form of a retreat on our Rhinebeck campus for the first time in 2009. By moving the conference, which had been held for several years in large city hotel environments, we offered a new approach that demonstrated how participants could take their yoga practice beyond exercise to become a way of being.

Also on campus, the Women’s Institute’s annual conference, Women & Power: Connecting Across the Generations, hosted more than 350 attendees, 100 scholarship recipients, and 30 cross-generational faculty leaders. This year, we brought together brilliant women of all ages to share their lessons learned and to think creatively about how to address the big questions facing women today. Featured faculty included feminist icon Gloria Steinem, former White House correspondent Helen Thomas, and the youngest woman to receive the MacArthur Genius Fellowship, Lateefah Simon.

“Omega is absolutely the best place to teach—and learn! The campus, facilities, attitudes of management and staff, and the general atmosphere, all are deeply inspirational.”

—John Perkins
shamanic teacher and *New York Times* best-selling author

Professional Trainings Omega continued to bolster and broaden our professional training programs in 2009 to help people develop the skills necessary to grow in their careers, practices, and vocations. Each training explores the link between personal and cultural transformation, while offering ways to make the world healthier and more humane.

Our mindfulness trainings included Jon Kabat-Zinn and Saki F. Santorelli’s Mindfulness-Based Stress Reduction in Mind-Body Medicine, held on both our Rhinebeck campus and at the Mount Madonna Center in Watsonville, California. Once again, Zindel Segal and Susan Woods led their Mindfulness-Based Cognitive Therapy training, and the Mindfulness-Based Eating Awareness training, taught by Jean Kristeller and Char Wilkins, proved to be a popular addition to Omega’s mindfulness offerings.

Aspiring yoga teachers had a rare opportunity to study directly with Jivamukti Yoga® cofounders Sharon Gannon and David Life during their monthlong teacher training. Renowned yoga master Dharma Mittra offered an exclusive yoga teacher training immersion, and Seane Corn, Hala Khouri, and Suzanne Sterling led yoga teachers and practitioners in the Off the Mat, Into the World Leadership Training, another training offered exclusively at Omega.

Danis Bois led health-care professionals and others in his revolutionary bodywork and personal growth paradigm, the Danis Bois Method. Brian Weiss and Carole K. Weiss trained health-care professionals and nonprofessionals alike in past-life therapy. Mental health professionals learned how to incorporate Eye Movement Desensitization and Reprocessing (EMDR) into their practices with Laurel Parnell, and John P. Forsyth and Georg H. Eifert trained professionals in Acceptance and Commitment Therapy (ACT) for Anxiety Relief. And, leaders from all backgrounds had the opportunity to train in the art of leadership with Robert Gass.



What's Happening On Campus

In addition to the July opening of the Omega Center for Sustainable Living (see page 2), Omega reached exciting milestones and explored successful new initiatives in 2009.

"Before yoga mat bags were sold at chic department stores and meditation pillows could be found at ABC Carpet, there was the Omega Institute, introducing new and revolutionary ideas and philosophies."

—*New York Spirit* magazine

New Online Visitor Center & Redesigned Website

In July, Omega launched its first online Visitor Center. The Visitor Center helps bring the Rhinebeck campus to life, provides essential information, and helps guests take a more active role in building their Omega experience. Together with a fully redesigned website, the online Visitor Center drew 1.1 million unique visitors in 2009.

eOmega.org/visit

Omega Wellness Center

With the installation of a new registration desk in the Main Office and bolstered website presence, the 2009 season was a big success for the Omega Wellness Center. Guests took advantage of flexible appointment times and enjoyed services ranging from facials and massage to life coaching, intuitive guidance, and shamanic healing—more than 40 offerings in total.

eOmega.org/wellness

Omega Rest & Rejuvenation Retreats

Omega began to grow its R&R Retreat program this year, welcoming 1,500 guests throughout the season. R&R guests escaped the pressures of daily life while resting and reconnecting with nature on our beautiful 195-acre campus. They also enjoyed classes exclusive to R&R Retreat guests, plus daily open classes in yoga, tai chi, movement, and meditation.

eOmega.org/rest

Omega Teen Camp

For the first time in its history, Omega Teen Camp was filled to capacity. Campers gathered in Holmes, New York, choosing from more than 50 daily activities, including those not found at other camps, like meditation and yoga. Omega Teen Camp continues to help teens increase self-esteem, develop lasting friendships, and navigate the increasingly complex process of coming of age.

OmegaTeenCamp.org

Seasonal Staff

Omega continued its popular Seasonal Staff programs for the nearly 400 staff who help create Omega's unique retreat experience each year. More than 1,700 classes were held, all designed to awaken the spirit and promote mindfulness and community service. One program offered, The Peace Quilt Project, had two quilts displayed in the Peace Quilt exhibit at the Queens College Godwin-Ternbach Museum.

eOmega.org/seasonalstaff

Ram Dass Library & Sanctuary

The Ram Dass Library and Sanctuary continue to be central to both the participant and staff experience on campus. In the Library, guests took classes such as Centering Into the Omega Experience and the Low Carbon Diet, and every Wednesday, all Omega staff came together to reconnect to the larger community and gain inspiration from guest speakers during Omega's Staff Sanctuary Hour.



“For 32 years, Omega has been a place where people come for reasons big and small: to process a life-changing experience, to be in community, to learn new skills, or just for a little rest and rejuvenation.”

—Carla Goldstein
Director of External Affairs, Omega Institute

First Annual Benefit Celebration

We opened the Omega Center for Sustainable Living

on July 16, 2009, and joined ceremony and celebration that evening by holding Omega’s first ever Annual Benefit Celebration.

Omega is grateful to board member Patty Goodwin, who served as an inspirational benefit chair; Omega cofounders, Stephan Rechtschaffen and Elizabeth Lesser, who were vital advocates; and each member of our campaign and benefit committees. Together they helped fashion a distinguished and festive affair.

Generous sponsorship support helped to make Omega’s first Annual Benefit Celebration a financial success with ticket sales exceeding expectations. Six local restaurants as well as Omega FoodWorks, under the leadership of Omega’s own Culinary Institute of America-trained executive chef Bob Turner, provided a delicious array of dinner tastings without charge. Wine, desserts, bread, and farm produce were generously contributed. And, over 75 Omega staff volunteered to ensure that more than 275 guests were cheerfully attended.

The resulting celebration was magical. We conjured up laughter, tears, joy, and satisfaction. Our audience was effusive and their enthusiasm enduring. We look forward to your participation in future celebrations!



Thank You

for Supporting Omega's Mission

This year we acknowledge more than one thousand funders who have honored Omega by making a gift of \$35 or more between January 1, 2009 and December 31, 2009. Your support has touched the lives of thousands of people. We could not provide the scholarships, operations, facilities, and programs that we deliver each year without your generosity. Your contributions open doors, create possibilities, and support dreams. Every thoughtful individual and institution listed below affirms our mission and inspires us to bring hope and healing to individuals and society.

"A glow ripples outward from the first spark of conscious reflection. The point of ignition grows larger. The fire spreads in ever widening circles till finally the whole planet is covered with incandescence."

—Pierre Teilhard de Chard
renowned 20th-century philosopher

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Linda Honker
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Leslie Hughes
Stephanie Hunter
Frank Indelicato
Anonymus/ in honor of
Ysaye & George, who
contribute so much time and
talent to vocal communities
everywhere
Barbara Isgur
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Giselle Jahn
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Amy Johnson
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Rebecca Johnson
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Lisette Zeeuwen
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Lisa Lacorte-Kring
Linda Lahey-Fay in honor of
Jim Lahey
Andrea Lee
Donnalyne Lefever
David Lehman
Benita Lehmann
Phyllis Lerner in honor of
Ysaye, George & their world
community of singers
Paula Lockwood
Cecily MacArthur

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Cynthia Turner-Maffei
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Frances Rutherford
Esther Sager
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Linda Selwood in honor
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George Brandon
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of Ysaye Barnwell &
George Brandon
Carl & Diane Turner
Caitilin Twain
Eliza Twichell
Anna Voremberg in honor of
Shane Johnson
Catherine Walsh
Robert Wendorf
George Williams
Lori Wrench
Maria Zmurkewycz
Anonymous (7)

Matching Gifts

American Express
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Benjamin Moore & Co.
Chevron Humankind/
Chevron Corporation
The Freddie Mac Foundation

Omega Legacy Society

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Sherry Berman
Susan Rubin Block &
Donald Block
Bill F. Karl & Diane M. Harris
Elaine & Hank Koelmel
R. Kimball Leiser & Judy Marsh
Walter Mickleburgh
Betty Anne Schwane

Thank You for Supporting Omega's Mission

Balance Sheet

Assets	2009 Totals	2008 Totals
Current Assets		
Cash and Cash Equivalents	\$299,576	\$245,038
Marketable Securities	\$0	\$558
Loans Receivable	\$2,873	\$5,909
Donations Receivable	\$23,025	\$350,000
Accounts Receivable	\$6,454	\$1,512
Inventories	\$255,156	\$298,018
Prepaid Expenses	\$59,075	\$71,134
Investment in Art	\$7,296	\$7,296
Deferred Program Costs	\$627,878	\$478,434
Total Current Assets	\$1,281,333	\$1,457,899
Property and Equipment		
Land	\$1,145,328	\$1,145,328
Buildings and Improvements	\$19,668,639	\$16,758,135
Administrative Equipment	\$1,708,863	\$1,586,433
Cafe, Camp, Store, Library Equipment and Books	\$1,966,405	\$1,809,686
Conference Production Equipment	\$1,894	\$0
Campus Master Plan	\$0	\$0
Accumulated Depreciation	-\$6,594,383	-\$6,063,329
Total Property and Equipment	\$17,896,746	\$15,236,253
Total Assets	\$19,178,079	\$16,694,152
Liabilities and Unrestricted Net Assets		
Current Liabilities		
Line of Credit - Note Payable	\$799,836	\$1,000,000
Accounts Payable	\$51,652	\$162,750
Mortgage Payable - current portion	\$28,885	\$0
Taxes Payable	\$3,351	\$2,076
Wages and Bonuses Payable	\$117,066	\$0
Deferred Program Revenue	\$1,928,025	\$1,420,658
Program Credits Outstanding	\$238,369	\$261,159
Total Current Liabilities	\$3,167,184	\$2,846,643
Non-Current Liabilities		
Mortgage Payable - Non Current Portion	\$1,468,779	\$0
Total Liabilities	\$4,635,963	\$2,846,643
Net Assets		
Unrestricted	\$14,460,942	\$13,585,226
Restricted	\$81,174	\$262,283
Total Net Assets	\$14,542,116	\$13,847,509
Total Liabilities and Net Assets	\$19,178,079	\$16,694,152

Statement of Cash Flows

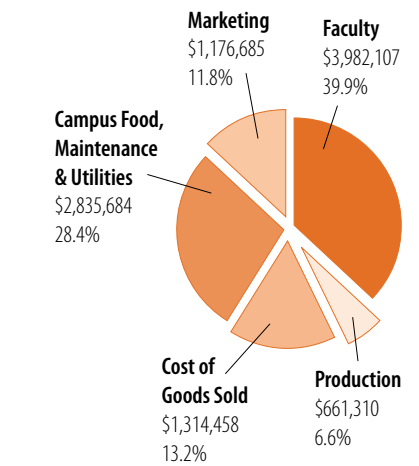
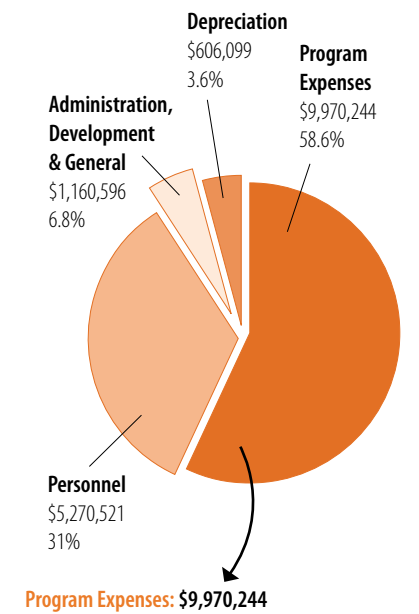
Cash Flows Provided by Operating Activities	2009 totals	2008 totals
Net Increase from Activities	\$694,607	\$562,561
Add Depreciation	\$606,099	\$577,536
Changes In:		
Inventories	\$42,862	-\$6,744
Accounts Receivable	-\$4,942	\$8,260
Donations Receivable	\$12,059	-\$350,000
Prepaid Expenses	-\$149,444	\$21,080
Deferred Programs	\$326,975	\$306,663
Notes Receivable		
Accounts Payable	-\$111,098	\$18,560
Deferred program revenue	\$507,367	\$343,408
Taxes payable	\$1,275	\$1,417
Wages Payable	\$117,066	\$0
Program Credits	-\$22,790	-\$57,749
Net Cash Provided by Operating Activities	\$2,020,036	\$1,424,992
Cash Flows From Investing Activities		
Mortgage Payable	\$1,497,664	\$0
Investments in Marketing Securities	\$558	-\$320
Note Payable	-\$200,164	\$1,000,000
Land, Building, Improvement and Equipment Purchases Net	-\$3,266,592	-\$2,814,366
Loans Receivable	\$3,036	\$1,239
Net Decrease in Cash	\$54,538	-\$388,455
Summary		
Cash Balance at End of Period	\$299,576	\$245,038
Cash Balance at Beginning of Period	\$245,038	\$633,493
Net Increase/(Decrease) in Cash	\$54,538	-\$388,455

Income Statement

Revenues	Unrestricted	Restricted	2009 Totals	2008 Totals
Program Revenues				
Programs and Housing	\$13,607,623		\$13,607,623	\$12,788,513
Meals Revenue	\$32,694		\$32,694	\$34,181
Transportation Revenue	\$33,914		\$33,914	\$31,473
Exhibit Revenue	\$0		\$0	\$56,150
Facility Rental Revenue	\$319,980		\$319,980	\$428,294
Miscellaneous Revenue	\$560,105		\$560,105	\$713,877
Bookstore Revenue	\$1,318,238		\$1,318,238	\$1,320,418
Cafe Revenue	\$285,700		\$285,700	\$279,643
Wellness Center Revenue	\$640,237		\$640,237	\$597,256
Other Sales	\$7,240		\$7,240	\$4,876
Total Program Income	\$16,805,730		\$16,805,730	\$16,254,681
Donations Revenue				
Donations - Unrestricted	\$124,121		\$124,121	\$24,585
Women & Power Donations		\$82,983	\$82,983	\$2,360
Women's Institute Funding		\$191,085	\$191,085	\$391,085
Capital Campaign		\$171,039	\$171,039	\$633,307
Scholarship Fund Donations		\$161,002	\$161,002	\$193,561
Ram Dass Library Fund Donations		\$135	\$135	\$1,320
Other Restricted Donations		\$14,501	\$14,501	\$3,190
Total Donations	\$124,121	\$620,745	\$744,866	\$1,249,408
Investment Activity				
Revenues-Investment Income	\$12,825		\$12,825	\$36,373
Miscellaneous Activity				
Miscellaneous Income	\$138,646		\$138,646	\$119,659
Net Assets Released from Restrictions				
	\$801,854	-\$801,854	\$0	\$0
Total Revenues and Other Support	\$17,883,176	-\$181,109	\$17,702,067	\$17,660,121
Expenditures				
Program Expenditures				
Program Faculty	\$3,982,107		\$3,982,107	\$4,034,247
Program Production	\$661,310		\$661,310	\$757,311
Marketing	\$1,176,685		\$1,176,685	\$1,264,209
Kitchen Expenses	\$1,127,224		\$1,127,224	\$1,138,469
Campus Expenses	\$1,708,460		\$1,708,460	\$1,716,996
Bookstore Cost of Sales	\$777,360		\$777,360	\$813,801
Library Purchases	\$0		\$0	\$0
Media Production Costs	\$12,844		\$12,844	\$13,113
Cafe Cost of Sales	\$180,724		\$180,724	\$181,509
Wellness Center	\$343,530		\$343,530	\$359,786
Total Program Expenditures	\$9,970,244		\$9,970,244	\$10,279,441
Administrative Expenditures				
Personnel	\$5,270,521		\$5,270,521	\$5,262,522
Administrative	\$679,983		\$679,983	\$613,487
Development	\$104,147		\$104,147	\$83,145
General	\$376,466		\$376,466	\$281,429
Depreciation	\$606,099		\$606,099	\$577,536
Total Administrative Expenditures	\$7,037,216		\$7,037,216	\$6,818,119
Total Expenditures	\$17,007,460		\$17,007,460	\$17,097,560
Change in Net Assets	\$875,716	-\$181,109	\$694,607	\$562,561
Net Assets Beginning of Year	\$13,585,226	\$262,283	\$13,847,509	\$13,284,948
Net Assets End of Year	\$14,460,942	\$81,174	\$14,542,116	\$13,847,509

2009 Overall Expenses

Total Expenditures: \$17,007,460

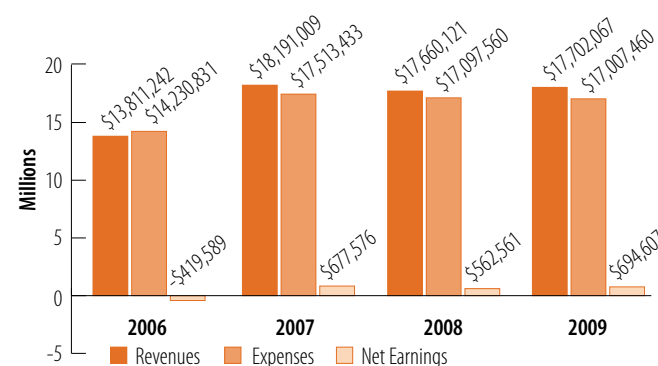


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The Statement of Financial Position and Activities is summarized here. A complete copy of the last annual report filed with the New York State Office of the Attorney General may be obtained upon request by writing to the:

New York State Office of the Attorney General
Charities Bureau
120 Broadway
New York, NY 10271

Comparative Revenues, Expenses, and Net Earnings





“Mentioning that I am about to leave for Omega to anyone who has been a program participant always elicits an immediate smile and emphatic joy. ‘Don’t you just love it there?’ they say. ‘It’s never just the program, you know, it’s the whole experience.’”

—**Sylvia Boorstein**, meditation teacher

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Located on 195 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people each year to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world.



OMEGA



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