

THE FOUR WINDS SOCIETY

NEW ENGLAND: OMEGA INSTITUTE

150 Lake Drive
Rhinebeck, NY 12572
www.eomega.org

Omega Institute

Omega Institute is located on a 195-acre campus in the countryside of Rhinebeck, New York. The beauty of the gardens, lake, and rolling hills, the friendly staff, the wonderful food, and the facilities at the Wellness Center all support the Healing the Light Body Program.

RESERVATIONS

To reserve your room at Omega, call: 800-944-1001. When making your room reservation, indicate that you are with The Four Winds.

Travel BY PLANE

By air, the best connections to Omega are from Stewart Airport in Newburgh, N.Y.; Albany International Airport in Albany, N.Y.; or JFK, LaGuardia, or Newark airports in the New York City area. From Stewart Airport, Omega offers limited shuttle service or you may take a taxi. (See Omega Transportation Services below.) There is no direct connection to Omega from JFK, LaGuardia, Albany, or Newark airports. From New York City area airports, you must arrange transportation into Manhattan to get a bus or train. (See bus and train options below.) To get into Manhattan take: 1. An airport shuttle bus (call 1-800-AIR-RIDE or ask at the airport); 2. A taxi to either Penn Station (if you are taking Amtrak or Omega's Charter Bus; see below) or Port Authority (if you are taking the Shortline bus; see below).

BY TRAIN

Take Amtrak to Rhinecliff, New York; major connecting points are New York City (at Penn Station), Albany, Toronto, and Montreal. Call 800-872-7245 for information. Omega's shuttle service can pick you up in Rhinecliff. See Omega Transportation Services below.

BY BUS

You may take either Omega's New York City Charter Bus or the Shortline bus from Port Authority Bus Terminal. For Shortline call 800-631-8405 or 212-736-4700. Take the Shortline bus to Rhinebeck; our shuttle service can pick you up at the Beekman Arms Inn. See Omega Transportation Services below.

All Omega Transportation Services must be reserved in advance.

OMEGA TRANSPORTATION SERVICES

Omega offers a Rhinebeck/Rhinecliff shuttle, a New York City Charter Bus, and a Stewart Airport shuttle. To request Omega Transportation Services, fill out the appropriate sections on the registration form, or call 800-944-1001. Full payment is due when reservations are made. (See transportation cancellation policy.)

RHINEBECK/RHINECLIFF SHUTTLE

Our Shuttle Service makes pick-ups in Rhinebeck (on the side of the Beekman Arms Inn on West Market Street) or Rhinecliff (at the Amtrak station) on Fridays and Sundays approximately once every hour starting at 1:30 p.m. Call for availability when workshops begin and end on other days. The fee is \$5 per person. Call for schedule and to make reservations for this service.

The Four Winds Society:

US: 888.437.4077

UK: 800.081.1523

or 001.435.647.5988

Questions? Email us.

fourwinds@thefourwinds.com

CONTINUED...

THE FOUR WINDS SOCIETY

NEW ENGLAND: OMEGA INSTITUTE

150 Lake Drive
Rhinebeck, NY 12572

www.eomega.org

Page 2

NYC CHARTER BUS

Omega offers comfortable, easy travel between Omega and New York City on an air-conditioned coach. It picks up participants at 4:15 p.m. Fridays and Sundays on the northeast corner of the intersection of 31st Street and 8th Avenue (a brief walk from Penn Station) and brings them directly to Omega.

Return trips to New York City depart Omega Sundays and Fridays at 1:15 p.m. and arrive in New York City by 4:15 p.m. The fee is \$30 each way. Charter bus service is not available before May 27 or after September 30.

STEWART AIRPORT (NEWBURGH) SHUTTLE

Pick-ups are Friday and Sunday at 2:30 p.m. and 6:00 p.m. at the curbside outside the baggage claim area. Return trips to Stewart depart Omega Sundays and Fridays at 1:15 p.m. Call for availability when workshops begin and end on other days. Travel time is approximately 1 1/4 hours. The fee is \$40 each way. Shuttles may depart earlier if all passengers are accounted for. Please call to check schedule and availability before making reservations.

TAXI/LIMO SERVICE

Rhinebeck or Rhinecliff, call Red Hook Taxi at 845-758-1478. For airport service, call All Airports Transportation at 800-379-8294.

TAXI/ALBANY AIRPORT TO OMEGA

1. Red Hook Taxi: 845-758-1478: Albany to Omega: \$130
2. Kingston Cab: 845-331-8200: Albany to Omega: \$159
3. Yellow Management Enterprises Inc.: 845-471-1100: Albany to Omega: \$150

Car Service: MZ Limo
845-299-6131

1. Sedan: Albany to Omega: \$140

Driving Directions

FROM THE NORTH/EAST

Take I-91 South to I-90 West (Mass. Pike). From I-90 take the Taconic State Pkwy. South about 40 miles. Exit at Bull's Head Road (Route 19) and turn left at the stop sign (west). Go 2 miles to Centre Road (Route 18) and turn left. See On Centre Road below.

FROM NYC/LONG ISLAND

Take the Saw Mill River Pkwy. to the Taconic State Pkwy. North. Exit at Bull's Head Road (Route 19) and turn left at the first stop sign, then left again at the second stop sign so that you drive over the parkway (west). Go 2 miles to Centre Road (Route 18) and turn left. See On Centre Road below.

The Four Winds Society:

US: 888.437.4077

UK: 800.081.1523

or 001.435.647.5988

Questions? Email us.

fourwinds@thefourwinds.com

CONTINUED...

THE FOUR WINDS SOCIETY

NEW ENGLAND: OMEGA INSTITUTE

150 Lake Drive
Rhinebeck, NY 12572
www.eomega.org
Page 3

Driving Directions

FROM THE NORTH/SOUTH/WEST

Take I-87 (NYS Thruway) to Exit 19 (Kingston). At the traffic circle, take the first right (Route 28 West toward Pine Hill). Go 1/4 mile and turn right on Route 209 North to the Rhinecliff Bridge, about 5.2 miles. Cross the bridge (Route 209 becomes Route 199), go 1.4 miles to the second stoplight and turn right (Route 9G South). Follow this road 4.7 miles to Route 19 (Slate Quarry Road). Turn left and go 4.3 miles to Route 18 (Centre Road). Turn right. See On Centre Road below.

FROM RHINEBECK, HYDE PARK, POUGHKEEPSIE

From **Route 9G** South, turn left; from Route 9G North, turn right on Route 19 (Slate Quarry Road). Go 4.3 miles to Route 18 (Centre Road) and turn right. See On Centre Road below.

ON CENTRE ROAD

Go 2.3 miles to the first four-way intersection. Turn right on Fiddlers Bridge Road. Go 1.2 miles and turn right on Lake Drive. Continue 3/4 mile to Omega's campus; signs will direct you to parking and registration.



The Four Winds Society:

US: 888.437.4077

UK: 800.081.1523

or 001.435.647.5988

Questions? Email us.

fourwinds@thefourwinds.com