

AMERICAN FITNESS

GLEANNING INFORMATION

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Most Health and fitness professionals have a voracious appetite for learning. Our bookshelves sag under the weight of our reference libraries, we subscribe to multiple magazines and sign up for as many workshops as time and money will allow. Adding to our options, Omega at the Crossings, a breathtakingly beautiful learning center, opened last September. Located on 200 acres in the Balcones Canyonlands Preserve 20 minutes from Austin, Texas, Omega at the Crossings hosts workshops led by world-renowned teachers, authors and creative thinkers. For instance, in January Neal Donald Walsh presented a workshop entitled Five Steps to Peace. In July Angela Farmer is scheduled to teach her unique yoga style that celebrates the feminine path of yoga.

Comfy, affordable accommodations are available. Small bunkhouse rooms make a five-day workshop in a five-star atmosphere incredibly affordable, but more spacious private rooms are available for those with a larger budget. Healthy and tasty cafeteria-style meals are included. The campus also has a spa with a steam room, sauna, hot tub, cold plunge and Olympic-sized pool. Morning and evening classes, such as yoga, Nia and Tai Chi, are free. Spa treatments are available at an additional cost. Hiking trails, gardens and the secluded Solidago Retreat provide a sanctuary for times when the total immersion of learning and living in a college-campus atmosphere becomes a little intense.

Omega at the Crossings is a sister school to the Omega Institute in Rhinebeck, New York. Continuing education units are available for many of the classes. For a catalog, call (877) 944-3003 or visit www.omegacrossings.com.

