

CINDY DERN

Psychotherapist

Licensed Clinical Social Worker



Traditional and Holistic Approaches to Counseling

OMEGA INSTITUTE FOR HOLISTIC STUDIES

Cindy has been teaching wellness, movement and personal development at Omega for over 20 years. Omega is a world-renowned holistic learning center which attracts teachers who are leaders in their fields. Cindy is the lead teacher for the Introduction to Omega Living Weekends. These weekends are designed to blend the best of what Omega offers - yoga, meditation, stress reduction, movement, spirituality and community building - as a way to introduce people to this unique institute.

For more information about Omega and Cindy's classes, call 800-944-1001 or visit www.eomega.org

TESTIMONIALS:

"Cindy, I have so much respect for the caliber of your teaching. I appreciate how hard you work to create a successful and transformative wellness program."

Elizabeth Lesser
Co-founder, Omega Institute

"I so admire how you've crafted your life by following your heart and soul, and then share your soul through your teaching and your life."

Ann Greene
Co-teacher, Introduction to Omega Living Weekends

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A SAFE PLACE TO ENHANCE WELL-BEING

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