

# OMEGA INSTITUTE FOR HOLISTIC STUDIES

Rhineback, NY retreat center in  
beautiful Hudson Valley

## Connecting with Our Ancestors

Through Healing Dreamwork  
and Integrative Practices

September 14th - 18th, 2026



**Linda Yael Schiller**  
MSW, LICSW

Professor Emerita  
Boston University School of Social Work  
Award-Winning Author  
International Speaker  
Dream Expert



**Kimberly Mascaro**  
PhD., LMFT

Adjunct Professor  
Arizona State University  
Nonfiction Author  
International Speaker  
Dream Expert

**This 5-day workshop dives  
deep into ancestral dreamwork**

- ✔ Six types of ancestral calls
- ✔ Spiritual practices
- ✔ Altars
- ✔ Guided meditations
- ✔ Genograms
- ✔ GAIA method

**Enjoy a rich combination of**

- ✔ Group discussion
- ✔ Small & large group work
- ✔ Writing practices
- ✔ Experiential exercises
- ✔ Deep learning and exploration  
with two renowned teachers

**Register now to reserve your space!**

[www.eomega.org](http://www.eomega.org)