

SEVA 2014 CLASS SCHEDULE

THE SCHOOL OF ENVIRONMENTAL AND VOCATIONAL ARTS is a private, nonprofit educational center situated on 50 acres of land in the heart of the Catskill Mountains of New York State. Our campus is set among beautiful natural forests, herb gardens, waterfalls and wildflower meadows. Founded in 1982, SEVA opened its doors offering workshops that focused on the use of alternative energy (solar and wind power) systems, sustainable living, earth-integrated building design, the cultivation of healing herbs and organic agriculture.

SEVA honors a relationship of integrity with our environment. As our way of life becomes increasingly complex, it is vital that we learn to live and work in harmony... within ourselves, with each other, and with our environment.

SEVA offers a wide array of programs and workshops that we can use to cultivate wholeness and well being. Some of our workshops are in *Complementary Healing Therapies, Art and Creativity, the teachings of Native American Traditions, as well as classes in Meditation and Yoga, Nutrition, and Vegetarian Cuisine.*

We serve simple vegetarian cuisine. To honor the environmental sensitivities of all visitors, we thank you for refraining from bringing your pets and for not wearing perfumes or scented oils.

Our schedule is always expanding. Keep in touch to find out what we are doing next.

SEVA is a drug-free, alcohol-free, nonsmoking campus that offers classes to all regardless of race, color, gender, sexual orientation, religion, national origin, age, or handicapped status.



MARCH 30, APRIL 26, MAY 18, JUNE 22, JULY 27, AUG 24, SEPT. 28, OCT. 26 ~ 2-5 p.m. FEE: Donation

Bringing a New World to Life: Transition 101.

www.TransitionUs.org

The Transition movement represents one of the most promising ways of engaging people and communities to take the far-reaching actions that are required to mitigate the effects of peak oil, climate change and the economic crisis.

Learn what we can do to create a life that is more fulfilling, more socially connected and more equitable than the one we have today. Meet with people who believe we are part of the change.

Call SEVA at (607) 538-1130 to confirm that you will be attending.

APRIL 5-6, MAY 10-11, JUNE 7-8, JULY 12-13, AUGUST 2-3, SEPT. 6-7, OCT. 4-5, and NOV. 1-2, ~ Saturday & Sunday, 10 a.m. to 5 p.m. FEE: Donation

Creating a Greenhouse Bioshelter

Join us in the design and reconstruction of Seva's greenhouse. Learn the value of passive solar heat, thermal mass, vertical gardening, hydroponics and more.

Organizer: **Esther Tzoumas**

MAY 3- 4, 10 a.m. to 5 p.m. FEE: \$160

Wild Plant Preparations for Simple First Aid

This is a natural first aid class for the lay person, non-licensed health professional and licensed health professional to learn first aid skills and tools that are needed in the home, field or community - using home remedies, herbs and local wild plants for safe and simple early first aid care if reliable medical care is unavailable. This class is not about replacing skilled medical care. It's for you to learn how to support yourself or the person you are helping until you can obtain emergency medical care. Class includes handouts and first aid remedies.

Presenter: **Marguerite Uhlmann-Bower**, NYS licensed R.N., Traditional Herbalist and practicing Wellness Consultant in Herbalism and Wild Foods Foraging. Author of *Healing a Brain Injury - Overcoming the Fog, the Fatigue and the Forgetfulness* and *Weeds, Leaves, Seeds & Shoots: Balance Your Budget, Steward the Land*, she combines traditional herbal practices with evidenced-based Western healthcare community programs.

Contact Marguerite to sign up at 607-278-9635 or email 3moonsisters@gmail.com. Preregistration required by April 16: maximum 15 participants. Work-study available for two. Call if you need overnight accommodations.

JUNE 7 ~ Saturday, 2 p.m. to 4 p.m. FEE: Donation*

Beavers: The Sacred Center of the Land

American Indians call beavers "The Sacred Center of the Land" because they create a rich, watery habitat for other mammals, fish, turtles, frogs, and birds. Wildlife Biologist Skip Lisle is one of the international leading experts on beavers. He will talk about the importance of wetlands, beaver history, behavior, and how to protect properties from them. He is also President of Beaver Deceivers International (BDI). He has taught and counseled around the world, and he has yet to encounter a beaver conflict that he could not solve effectively without killing the beavers. Come and also enjoy a walk around the Beaver Pond.

Children are invited to create clay models of beavers with **Mercedes Cecilia**.

Presenter: **Skip Lisle** will teach, as well as show "on site" how he helped SEVA resolve its beaver problem using his invention, the Beaver Deceiver™.

To register, email mercedesartsj@gmail.com or call Mercedes at 845-679-9258.

***Suggested Donation \$5; no one will be turned away. Must preregister.**

JUNE 15 ~ Saturday, 10 a.m. to 12 noon FEE: \$25

Aromatherapy Class

An introductory class on essential oils, topics include a history of the application of oils, purchasing therapeutic grade oils, their specific properties and applications, and their possible benefits, including improved vitality, stress reduction, and improved clarity of thought.

Specific oils will be available during the class to experiment with. No prior experience is required to attend this class.

Presenter: **Carey Lubow**, a practicing aromatherapist, has studied with Gary Young of *Young Living Oils* and Mikael Zayat, an Egyptian aromatherapist.

JUNE 21 ~ Saturday, 1 p.m. to 3:30 p.m. FEE: \$25

Stress Reduction

Learn practical techniques in releasing accumulated stress within your body. Experience the power of intention and movement as a way of locating stress in the body and releasing it.

Presenter: **Carey Lubow**, a practitioner and author in the field of bio-energetics, will be presenting techniques from his latest seminars

JUNE 25-29 ~ Wednesday, 8:30 a.m. to Sunday, 12 noon.

Balance the Body's Energy: Jin Shin Jyutsu

5-Day Retreat

Jin Shin Jyutsu is the ancient art of harmonizing the life energy in the body. It brings balance to the body's energies, which promotes optimal health and well-being, facilitating our own profound healing capacity.

For more information, contact **Jed Schwartz** at SevaPrograms@gmail.com or call Jed at 845-679-5177. Preregistration required: maximum 18 participants. Fee: Single Room \$1500, Double Room \$1325. Fee includes nine sessions, room & board.

JULY 5, Saturday, 1 p.m. to 3:30 p.m. FEE: \$25

Aura and Chakra Presentation

Join Carey Lubow, author, lecturer and researcher in the field of aura imaging and interpretation for an informative presentation focused on the dynamics of the aura and chakra energy systems. A live demonstration of the aura imaging equipment and interpretation of the aura and chakra system will be presented. Aura color definitions and their meanings will be explored.

Presenter: **Carey Lubow**, author, lecturer and researcher in the field of bio-energetics.

JULY 12 ~ Saturday, 1 p.m. to 4 p.m. FEE: \$20

CO-EXIST with Beavers

Join in a wonderful learning experience about Beaver biology and their benefits to our environment: they help water purification, create wildlife sanctuaries, and manage flooding. Learn how to do simple mitigation and prevention for your beaver problems, which may include damming culverts, flooding surrounding lands, and destroying trees.

See what SEVA is using that allows us to co-exist with the Beavers.

Presenters: **Owen J. Brown**, President of Beavers: Wetlands & Wildlife (BWW), holds a Bachelors in Chemistry & a Ph.D. in Material Science Engineering (engineers often have a natural affinity for "nature's engineers.")

Sharon T. Brown, BWW Director, has a Masters Degree in Biology.

AUGUST 24 ~ Sunday, 1 p.m. to 5 p.m. FEE: \$20

All About Orchids

No matter where you buy an orchid the tag always seems to claim it's easy, most beg to differ. In this class we will study the basic care principles of orchids as well as different cultivars. There is an orchid for everyone! So whether you have a bright lit home or a shaded desk that needs some color there is an orchid for you. Need a couple of plants for an indoor area? Not a problem, there are many plants that compliment orchids and are easy too!

Presenter: **Jessica Hyatt's** interest in plants started as a child and peaked in college. Jessica says, "My printmaking teacher and I started making botanical illustrative prints. ... I had to learn to care for plants if I was to keep using them in my artwork. When I graduated, I started working at Hewitts Garden Center.... Today I still work at Hewitts and have taught multiple gardening classes."

SEPTEMBER 10 ~ Wednesday, 12 noon to 5 p.m. FEE: \$15

Weeds, Leaves, Seeds & Shoots:

Balance Your Budget... Steward the Land

This class will cover foods, plant identification and wellness... a nature experience with hands-on outdoor experience that traverses placid woods and field landscapes.

The focus will be on edible wild foods and how to prepare them for the dining table. Indoor discussions will revolve around what our responsibilities are in supporting and nourishing the land that feeds us, interlaced with healthy eating principles.

Presenter: **Marguerite Uhlmann-Bower**, RN, Herbal Educator, Wild Foods Forager, Herbal Educational Services. See *Simple First Aid* on May 3 for more about Marguerite.

SEPTEMBER 20 ~ Saturday, 1 to 5 p.m. FEE: Donation

Dance of Universal Peace

These dances are part of the timeless tradition of body prayer and sacred dance. Using simple movements and sacred phrases, we all join the dance as we uncover the light within ourselves and within each other as we meet in the circle. Dances of Universal Peace embrace the Unity that lies at the heart of all paths to Source.

Suggested Donation: \$5 to \$10

Presenter **Karuna Foudriat**, MEd, is an ordained interfaith minister, initiator and meditation guide of the Sufi Ruhaniat International. A certified leader and mentor of the Dances of Universal Peace, she leads circles in New Paltz, Albany and beyond. She is a chaplain at Albany Medical Center where she works with families dealing with

end of life issues and leads groups on spirituality for mental health patients.

SEPTEMBER 20 ~ Saturday, 10 a.m. to 4 p.m. FEE: \$25

Create Healing with a Meal: Vegan, Gluten & Sugar Free

Create a healthy dinner, with three dishes and dessert. There will be time for questions and answers about herbs, special diets such as macrobiotic; raw juicing for healing; and detox protocols. Learn simple Jin Shin Jyutsu Self Help to help yourself and your family to have optimal digestion. Bring your friends & an apron, and enjoy a delicious healthy meal. You will take home recipes and a renewed enthusiasm for healthy, delicious, and nutritional meals. Fee includes lunch and afternoon tea.

Presenter: **Mercedes Cecilia** has dedicated her life to sharing her experiences of healing, spirituality, and art. Her cookbook *Prayers, Poems and Spices* is now in its third edition.

To register, email mercedesartjsj@gmail.com or call Mercedes at 845-679-9258.

SEPTEMBER 27-28 ~ Saturday & Sunday FEE: \$125

Fall: Season of Reflection, Discernment, and Letting Go

In this workshop, together we will build, from natural objects, a model of a Native American medicine wheel. This wheel will then serve as our guide as we look at the cycle of a year, as the earth moves through each of the four seasons. Our focus will be to center ourselves in the position of the wheel which represents fall, with the purpose of aligning our selves to what the teachings of that direction have to offer.

There will be an introduction to the teachings of the Native American Medicine Wheel, a discussion of the Fall Equinox, meditation, stories, making and applying exfoliation products from nature, and a ritual that will give opportunity for reflection, discernment, and letting go.

For meals, please bring your own lunch for Saturday and Sunday. Included in the fee is an evening meal (Saturday) designed to nourish the organ system of the season, a light breakfast Sunday, and all course materials.

Presenter: **Margo Mullein**, is the founder and owner of Walking Root Herb Farm and Center for Indigenous Technologies. She has been a practicing, certified Herbalist since 1998.

Preregistration required by September 20: maximum 15 participants. Work-study available for two. Call if you need overnight accommodations.

OCTOBER 11 ~ Saturday, 10 a.m. to 5 p.m. FEE: \$30

A Day of Art and Mindfulness and Jin Shin Jyutsu Self Help

Start the day with Mindfulness Meditation and Jin Shin Jyutsu Self Help.

Experience a holistic journey to your creativity and feel nurtured and encouraged; celebrate your personal relationship to art and your spiritual path. Discover your unique creative expression using watercolors, acrylics, mask making, poetry & story telling.

Presenter: **Mercedes Cecilia** is certified in Traditional Naturopathic Medicine and is a Jin Shin Jyutsu practitioner. She has been leading seminars in Complementary methods of Healing and Creativity for the past 35 years.

Vegetarian lunch and snacks provided. Special arrangements can be made if you would like to stay overnight.

To register, email mercedesartjsj@gmail.com or call Mercedes at 845-679-9258.

OTHER CLASSES ON OUR SCHEDULE

Mushroom Walk with Catskill Forest Association Loren Graham

Jam Band Camp, AUGUST

APRIL, JUNE, AUGUST FEE: Donation

Permaculture is an approach to designing perennial agricultural systems that mimic the complex interrelationships found in nature. Most people think of permaculture as solely an approach to agriculture, but it is grounded in three "ethics" that can be applied to all of life: 1) Care for the earth; 2) care for people; and 3) return of surplus to the earth, your family and your community. Permaculture is about building local resiliency that unites a community and brings forth the skills and talents of its individual members.

Presenter: More information to come.

FALL FEE: \$25 per day, plus Room & Board Relaxation and Revitalization

Take a retreat from your active life. Pamper and nourish your mind, body and spirit, with home-made facials and foot baths, juicing, sprouting, harmonizing movement exercises, and more.

Presenters: Barbara Lubow, Esther Tzoumas, and friends

REGISTRATION INFORMATION

SCHOOL OF ENVIRONMENTAL AND VOCATIONAL ARTS
SevaPrograms@gmail.com
607-538 -1130



***FEES FOR ROOM AND BOARD PER NIGHT:**

- ~ Double-\$80 ~ Single-\$90
- ~ Dorm-\$65 ~ Commuter-\$35
- ~ Meal ticket-\$15 (lunch or dinner)

For more information and/or to register, contact Esther Tzoumas at sevaprograms@gmail.com *unless noted otherwise.*

Or complete this form and send it to

SEVA PROGRAMS, 365 Seva Lane, S. Kortright, NY 13842

If you still have questions about a class, please call Seva at 607-538-1130. Leave a message and someone will return your call. We are always adding classes, and our schedule occasionally changes.

NAME _____

E-MAIL _____

PHONE _____

ALT. PHONE _____

ADDRESS (STREET) _____

CITY _____ STATE _____ ZIP _____

NAME & DATE OF PROGRAM _____

AMOUNT ENCLOSED (check or money order) \$ _____

PROGRAM _____