



2017 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 systems (solar and wind power), 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 meals. When you visit with us, we ask that you do not bring your pets and that you refrain from wearing perfumes or scented oils, in order to respect the environmental sensitivities of all our visitors.

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 physical disability.

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

www.sevafoundationny.org

365 Seva Lane, South Kortright, NY 13842 / 607-538-1130

Ongoing Care of the Greenhouse Garden

May 6-7th, July 1-2, Sep 2-3

~Sat & Sun, 11am-5pm

Fee: Donation. Must register 5 days in advance.

Join us in the ongoing design and reconstruction of Seva's greenhouse. Spring will bring planting and new growth of the perennial plants and maintenance of the greenhouse. Summer growth and clean up in July, preparation for winter in September.

Organizer Esther Tzoumas is a master gardener and finds great joy in planting and harvesting, with an emphasis on herbs. Esther has traveled extensively and enjoys exploring the diversity of our beautiful world.

Rootsong Yoga Retreat

May 20-21 ~ Sat, 12pm to Sun, 6pm

Rootsong Retreat is an overnight workshop which will offer the chance to unwind in SEVA's sanctuary with new friends, old souls, vegetarian meals created by Chef Stef, and infinite transformation in practice. Join us in an upcoming journey into Yoga, Acupuncture, Tarot, and Reiki!

Presenter Karma Mayet, RYT, provides guidance in asana practice emphasizing whole-body breath awareness at all times. Rooted in the transformative culture of Hatha Yoga and in her own ancestral traditions, she brings a holistic sensibility to support your unique journey, incorporating sound healing and aromatherapy. She is the creator of the Rootsong™ system, a unique process of drawing power from the root chakra to vitalize the whole self and release the resonance potential of the whole body.

For fees, detailed schedule and to register, contact Karma Mayet at rootsongvox@gmail.com or go to www.rootsong.net/retreats



Simple and Delicious Gluten-Free, Whole-Food Cooking and Baking for a Healthy Life and Budget

June 3 ~ Saturday, 1:30pm to 4pm

Fee: \$20

Whether you are a vegetarian, interested in health benefits, weight loss, environmental concerns, want to expand your repertoire or reduce your budget, this workshop is for you. We will provide a how-to guide to cooking, baking, and tasting, and you will leave with take-home tips and recipes.

We'll examine research on the development of wheat and the benefits of baking with almond flour, You'll learn how to incorporate beans and grains into your family's diet.

Tastings include creamy soups, loaves, burgers, and cold black-rice sweet-potato salad. Learn how to make easy breadcrumb substitutes for stuffed vegetables. Discover how easy it is to make tortillas.

Baking treats include easy almond-flour recipes like hearty breakfast squares and chocolate cake. Learn how to make easy no-flour four-ingredient muffins and chocolate almond-butter brownies.

Presenter Renée Barchitta, MPA, is an organic vegetable gardener in the Catskill Mountains, a vegetarian and gluten-free cook and baker, and a former whole-foods baker selling to local establishments like Good Cheap Food in Delhi.

As an educator, Renée created public information and education campaigns and programs, developed curriculum and PSA's, designed booklets and pamphlets and was an editor and photographer for a large organization's newsletter. She is also a member of Plant Pioneers, the Human-Plant Relations Movement.

For more information and to register, contact Renée at 607-326-4169.



The Touch of Healing: a Jin Shin Jyutsu® Retreat

June 15-18 ~ Thursday, 1pm to Sunday, 12pm

Fee: \$1000, includes six sessions, room and board.



Jin Shin Jyutsu is the ancient art of harmonizing the life energy in the body. This light-touch therapy brings balance to the body's energies, to promote optimal

health and well-being, which facilitates our own profound healing capacity.

Limited to twelve participants.

For more information, email [Jed Schwartz](mailto:Jed.Schwartz@gmail.com) at schwartz.jed@gmail.com or call 845-679-5177.

How to Make Goat Mozzarella

July 8 ~ Saturday, 3pm to 5pm

Fee: \$20

Join Gene and Rodrigo for a fun demonstration of how to make delicious mozzarella! They will be using goat milk from their own local herd, which has multiplied this spring, in Stamford, NY. You'll get to take home a sample of the freshly made cheese.

Presenters Gene Hosey and Rodrigo Sauquillo are transplants from DC who are learning the ways of country living and the skills of farming.

For more information and to register, call SEVA at 607-538-1130 or email sevaprograms@gmail.com.



Vegetable Fermentation

July 22 ~ Saturday, 10^{am} to 12^{pm}

Fee: \$30. Registration Deadline: July 12

Sauerkraut, Kim Chi and other traditional veggie ferments allowed our ancestors to store food while at the same time making it more nutritious and enhancing its flavor. Simple ferments can be made in your own kitchen, saving money over store-bought alternatives and offering you and your family probiotics, B-vitamins and more, as well as another doorway to endless culinary creativity.

Leave with some homemade ferments of your own design. We provide the veggies and jars, but feel free to bring your own quart-size mason jars and vegetables of your choosing.

Sourdough Bread Baking

July 22 ~ Saturday, 1:30^{pm} to 3:30^{pm}

Fee: \$30. Registration Deadline: July 12

Long before store-bought yeast, baking powder and baking soda were readily available, our ancestors realized they could lure wild yeasts by leaving a mixture of flour and water open to the air. Traditionally-baked sourdough breads rely on a slower process of fermentation that results in an easier to digest bread with a delicious mild, sour flavor. We will focus on starting and caring for a sourdough starter and on baking a simple wheat-flour bread without the use of measuring cups.

Leave with a sourdough starter of your own and the skills to maintain it, to bake delicious sourdough bread at home.

Join **Chrisso Babcock** of CoyoteKitchenWorkshops.com for these hands-on workshops. Chrisso has been teaching workshops on fermentation and homesteading skills for the last seven years. He teaches at a variety of locations as well as offering private tutoring and workshops for community groups, venues, and in your own home. When he is not fermenting, he is a licensed massage therapist and a bartender.



For more information and to register, call SEVA at 607-538-1130 or email sevaprograms@gmail.com.

Art, Spirituality and Jin Shin Jyutsu® Self-Help Retreat

July 29 & 30 ~ Sat & Sun, 10:30^{am} to 5:30^{pm}

Fee: \$100 per day. Includes Vegetarian Lunch & Snacks. Register for one or both days. Special discounts for two days with overnight stay.

Creativity opens the door to mindfulness and allows emotional healing, resilience and total well-being. Mercedes will share simple hands on Jin Shin Jyutsu® Self-Help flows to help reconnect with the core of our Creative Energy.

Find new ways to express yourself in a dialogue with Nature and your imagination. Enjoy a day or two in the Catskill Mountains using watercolor, acrylics, pastels, poems and mixed-media. Find silence and solitude surrounded by gardens and also the company of other artists.

Enjoy your Creative self.



Presenter
Mercedes Cecilia is certified in Traditional Naturopathic Medicine and is a Jin Shin Jyutsu® practitioner.

The founder of *Art and*

Spirituality Retreats, Mercedes has been leading seminars in Healing and Creativity for more than 35 years. See www.jinshinjyutsu-mercedes.com and www.mercedescecilia.com

For more information and to register, email mercedesartjsj@gmail.com or call 845-679-9258.



Mindfulness & Compassion— Be and Create the Present Moment Retreat

Aug 19 & 20 ~ Sat & Sun, 10:30^{am} to 5:30^{pm}

Fee: \$80 per day. Includes Vegetarian Lunch & Snacks. Register for one or both days. Special discounts for two days with overnight stay.

Good relationships keep us happier and healthier. Fulfillment in life is feeling connected with self, family and friends and our environment.

* Practice Mindfulness Meditation, alone and with the group.

* Learn and review practices to cultivate empathy.

* Embody the emotions (in silence and/or by sharing). There is plenty of space for movement, sound, painting, written words-whatever you need that helps.

* Join our Compassion and Mindfulness Circle. We will listen and share our interconnectedness, stories and insights, and have fun.

Presenter: In 1980 **Mercedes Cecilia** became a student of the Dalai Lama and Thich Nhat Hanh, the same year that she started her studies of Mindfulness with Jon Kabat-Zinn. In her own words, “The teachings of Mindfulness and Compassion are invaluable for world peace, happiness and health. Each of us finds new ways for practicing love.”

Mercedes has facilitated Compassion and Mindfulness Circles since 2004. www.jinshinjyutsu-mercedes.com

For more information and to register, email mercedesartjsj@gmail.com or call 845-679-9258.

Karma Yoga Weekend

Sept 1–3 ~ Fri, 6^{pm}* to Sunday, 1^{pm}*

Suggested Donation: \$199* and approx. 8 hours of community service (includes room and board). Registration deadline: August 25



Join Pam Lutz Medina, soulful yogini, for our third Karma Yoga weekend, combining a balance of tension and stress-relieving yoga with dedicated service to the sacred land. Connect with

like-minds, offering our loving hands in selfless service (karma yoga) with guidance from Esther Tzoumas. Karma Yoga may involve building, organic gardening, earthen-home repair, housekeeping, kitchen assistance, etc.

Yoga classes are suitable for many body types and will be designed to complement the work we do, leaving you relaxed, refreshed, and inspired! Come for a weekend, make friends for a lifetime.

*Arrive 4-hours early for set-up and/or stay 4-hours late for clean-up and save \$25-\$50.

Presenter **Pam Lutz-Medina (Chandradevi)**, E-RYT, is the owner and director of The Yoga Lily yoga studio on Barney Road in Clifton Park, NY. For more information and to register, go to www.TheYogaLily.com or call Pam at 518-744-5565.

Jin Shin Jyutsu® Special Topic

Class: The Spine

Sept 15–17 ~ Friday, 2^{pm} to Sunday, 12^{pm}

Fee: \$650, includes room and board. Limited to 10

Together we examine the spine and its esoteric, structural and energetic relationships in Jin Shin Jyutsu. Includes lecture and hands-on practice.

Prerequisite: one Mary Burmeister Jin Shin Jyutsu® Institute 5-Day Basic Seminar.

Instructor Jed Schwartz began studying Jin Shin Jyutsu® in 1981 with Mary Burmeister, coming from a practice of Physical Therapy specializing in pediatric rehabilitation. He began working exclusively with Jin Shin Jyutsu® in 1987 and joined the faculty of The Mary Burmeister Jin Shin Jyutsu® Institute in 1995.

Jed has taught Jin Shin Jyutsu® classes and seminars throughout North and South America, Europe, the Middle East, Asia, and New Zealand. Jed maintains a full time Jin Shin Jyutsu® practice in New York City and in Woodstock, NY.

Relaxation and Revitalization

October 1 ~ Sunday, 11^{am} to 5^{pm}

Fee: \$30. Registration deadline: Sept 25



Take a retreat from your active life. Pamper and nourish your mind, body and spirit, with home-made facials and footbaths, juicing, sprouting, harmonizing movement exercises, and more. Fee covers all materials.

Presenters: Barbara Ellen, Esther Tzoumas, and friends.

For more information and to register, email Esther Tzoumas at etearthwalk@yahoo.com or call 607-538-1209.



Mushrooms of the Catskills

October 14 ~ Saturday ~ 1:30^{pm} to 3:30^{pm}

Fee: \$25. Registration deadline: Oct 7



Come learn about Fungi from a Fun-Guy!

John Michelotti of Catskill Fungi will be talking about the ecological functions of fungi, common edibles and medicinal mushrooms, as

well as historic uses of fungi and present day innovations! Learn how you can grow mushrooms in your garden to use as companions to your plants and how mushrooms have been utilized to remediate contaminants from soil.

Presenter John Michelotti is the owner of Catskill Fungi in Big Indian, NY (www.catskillfungi.com). His mission is to empower people to appreciate fungi and nature via outdoor guided mushroom walks, cultivation courses, educational talks, private consultations, mushroom art, and mushroom health supplements which he makes from mushrooms that he grows on his family farm in Big Indian, NY. His goal is to educate and empower people to pair with fungi to improve our health, our environment, and help us solve many issues we face in the world.

For more information and to register, call SEVA at 607-538-1209 or email

sevaprograms@gmail.com

2017 SEVA Classes

365 Seva Lane, South Kortright, NY 13842

607-538-1130

www.sevafoundationny.org

Ongoing Care of the Greenhouse Garden with Esther Tzoumas

May 6-7th, July 1-2, Sep 2-3 ~ Sat & Sun, 11^{am}-5^{pm}

Donation

Rootsong Yoga Retreat with Karma Mayet

May 20-21 ~ Sat, 12^{pm} to Sun, 6^{pm}

Fee: see www.rootsong.net/retreats

Simple and Delicious Gluten-Free, Whole-Food Cooking and Baking for a Healthy Life and Budget with Renée Barchitta

June 3 ~ Saturday, 1:30^{pm} to 4^{pm}

Fee: \$20

The Touch of Healing: a Jin Shin Jyutsu® Retreat with Jed Schwartz

June 15-18 ~ Thursday, 1^{pm} to Sunday, 12^{pm}

Fee: \$1000, includes six sessions, room and board.

How to Make Goat Mozzarella with Gene Hosey and Rodrigo Sauquillo

July 8 ~ Saturday, 3^{pm} to 5^{pm}

Fee: \$20. Registration Deadline: June 30

Vegetable Fermentation with Chrisso Babcock

July 22 ~ Saturday, 10^{am} to 12^{pm}

Fee: \$30. Registration Deadline: July 12

Sourdough Bread Baking with Chrisso Babcock

July 22 ~ Saturday, 1:30^{pm} to 3:30^{pm}

Fee: \$30. Registration Deadline: July 12

Art, Spirituality and Jin Shin Jyutsu® Self-Help Retreat with Mercedes Cecilia

July 29 & 30 ~ Sat & Sun, 10:30^{am} to 5:30^{pm}

Fee: \$100/day. Includes Vegetarian Lunch & Snacks.

Mindfulness & Compassion—Be and Create the Present Moment Retreat with Mercedes Cecilia

Aug 19 & 20 ~ Sat & Sun, 10:30^{am} to 5:30^{pm}

Fee: \$80/day. Includes Vegetarian Lunch & Snacks.

Karma Yoga Weekend with Pam Lunz-Medina

Sept 1-3 ~ Fri, 6^{pm} to Sunday, 1^{pm}

Suggested Donation: \$199* & 8 hrs of community service (includes room and board).

*Discounts for early arrival set-up and late clean-up.

Jin Shin Jyutsu® Special Topic Class: The Spine with Jed Schwartz

Sept 15-17 ~ Friday, 2^{pm} to Sunday, 12^{pm}

Fee: \$650, includes room and board. Limited to 10

Relaxation and Revitalization with Barbara Ellen and Esther Tzoumas

October 1 ~ Sunday, 11^{am} to 5^{pm}

Fee: \$30. Registration deadline: Sept 25

Mushrooms of the Catskills with John Michelotti

October 14 ~ Saturday, 1:30^{pm} to 3:30^{pm}

Fee: \$25. Registration deadline: Oct 7