

---

# 2013 SEVA 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 designs, 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 not bringing your pets and for not wearing perfumes or scented oils.

*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.*

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

---

**MAY 11 ~ Saturday - 12:30 p.m. to 5 p.m.**

## **Raising of the Tipi**

The Tipi is the most versatile mobile home ever invented. Learn about the skills and materials needed to raise a Tipi. Hands-on-experience. Come spend the day and make new friends.

Presenter: **Esther Tzoumas** and friends

For more information and for confirmation of date and time, contact Esther Tzoumas at [etearthwalk@yahoo.com](mailto:etearthwalk@yahoo.com).

**Fee: Free**

**JUNE 1-2, JULY 6-7, AUGUST 3-4, SEPTEMBER 7-8, OCTOBER 5-6, and NOVEMBER 2-3**

**~ Saturday & Sunday, 10 a.m. to 5 p.m.**

## **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.

Presenter: **SEVA Community: Esther Tzoumas, Coordinator. There will be instructors for each aspect of greenhouse instrucion. Call for specifics.**

For more information and for confirmation of date, time, and guest speaker, contact Esther Tzoumas at [etearthwalk@yahoo.com](mailto:etearthwalk@yahoo.com).

**Fee: Donation**

**JUNE 15 ~ Saturday, 10 a.m. to 12 noon****Aromatherapy Class**

This is 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.

To register, email Carey Lubow at [careylubow@gmail.com](mailto:careylubow@gmail.com).

**Fee: \$25**

**JUNE 15 ~ Saturday, 1 p.m. to 5 p.m.****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. 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**, Registered Nurse, Herbal Educator, Wild Foods Forager, Herbal Educational Services

For more information and for confirmation of date and time, contact Esther Tzoumas at [etearthwalk@yahoo.com](mailto:etearthwalk@yahoo.com).

**Fee: \$15**

**JUNE 26–30 ~ Wednesday, 8:30 a.m. to Sunday, 2 p.m.****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. Join us for this intensive retreat that includes good food, good company and a restful sojourn.

For more information, contact **Jed Schwartz** at [SevaPrograms@gmail.com](mailto:SevaPrograms@gmail.com) or call 845-679-5177.

Preregistration required: maximum 18 participants.

**Fee: Single Room \$1300, Double Room \$1125. Fee includes 9 sessions, room & board.**

**July 13–14 ~ Saturday & Sunday****Bringing a New World to Life: Transition 101 - [www.TransitionUs.org](http://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.

Presenter: **Pamela Boyce Simms**, a social change activist for over 30 years, is a proponent of activism that transforms anger and despair into compassion as the foundational intention of environmental advocacy work. Pamela works closely with the Mid-Hudson Valley and Mid-Atlantic Transition.

For more information, contact Mercedes Cecilia at 845-679-9258.

**Fee: See Room and Board\* fee schedule for accommodation information.**

**July 20 ~ Saturday, 10 a.m. to 12 noon****Stress Reduction Class**

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

To register, email Esther Tzoumas at [etearthwalk@yahoo.com](mailto:etearthwalk@yahoo.com).

**Fee: \$25**

**JULY 20 ~ Saturday, 1 p.m. to 5 p.m.****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.

Presenter: **Karuna Foudriat**

For more information and to register, email Esther Tzoumas at [etearthwalk@yahoo.com](mailto:etearthwalk@yahoo.com).

**Fee: Suggested Donation of \$5 to \$10**

**AUGUST 17 ~ Saturday, 10 a.m. to 4 p.m.****Absent Healing Workshop**

You will be introduced to Ron Wilding's work, wisdom, and knowledge about absent healing. Ron has been practicing his healing work for over a half century, having taught workshops in the U.S., Canada, and Australia.

In this workshop, participants will learn how to work with distance and absent healing.

Presenter: **Rita Heap** is a student of Mr. Wilding, who has chosen her to teach this work. She has been practicing healing work for over 25 years.

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

**Fee: \$20. Please bring your lunch.**

**AUGUST 24-25 ~ Saturday & Sunday.****Healing with Nutrition: Restore Optimal Health with Delicious Gluten-free Sugar-free Vegan meals.**

We will develop and prepare a complete menu with three dishes and dessert. There will be time for questions & answers and time to delight in what we have learned! We will discuss the benefit of herbs, as well as create gentle detox programs.

This fun hands-on workshop will be held in the Seva kitchen.

Presenter: **Mercedes Cecilia**, certified since 1988 in Traditional Naturopathic Medicine, has studied Macrobiotic Diet & Philosophy with Masters Michio and Aveline Kushi; the principles of detoxing with wheat grass and raw foods at the Hippocrates Institute; and Ayurveda Medicine way of life. Mercedes is a Jin Shin Jyutsu practitioner since 1992, in Woodstock, NY. [www.jinshinjyutsu-mercedes.com](http://www.jinshinjyutsu-mercedes.com)

To register, email [mercedesartjsj@gmail.com](mailto:mercedesartjsj@gmail.com) or call Mercedes at 845-679-9258.

**Fee: \$30, includes lunch and dinner**

**SEPTEMBER 21 ~ Saturday, 12 noon to 4 p.m.****Photography Essentials: Getting the Most from your Digital Camera, and Basic Photo Enhancements**

Do you want your digital photos to look their best? Come learn: how cameras work, exposure, shutter speeds, ISO settings, focus, aperture, and depth of field. Learn how to tweak your photo files – adjust for color balance, tonal balance, exposure, and sharpening. Learn about color management, monitor calibration, workflow, and how to size your photos for the web or for printing.

This is the perfect course for beginner and intermediate photographers.

For more information about the class, contact Bill Glass at 607-875-5541.

Presenter: **Bill Glass**, owner of “The Frame Shop” and “The Computer Doctor” in Walton, NY, is a freelance photographer who has been making photographs since age 11. He has expanded from working in the traditional darkroom to using advanced techniques in the digital darkroom.

To register, contact Jed Schwartz at [SevaPrograms@gmail.com](mailto:SevaPrograms@gmail.com) or call 845-679-5177.

**Fee: \$30. Preregistration required. Class size limited to 10.**

***Bring one to three photo files you would like to work on, if you have any.***

**OCTOBER 12–13 ~ Saturday & Sunday.****Relaxation and Revitalization**

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.

Presenter: **Barbara Lubow, Esther Tzoumas and friends**

To register, email Esther Tzoumas at [tearthwalk@yahoo.com](mailto:tearthwalk@yahoo.com).

**Fee: \$25 per day, plus Room and Board\***

**OCTOBER 26 ~ Saturday, 1 p.m. to 4 p.m.**

**Biomimicry**

Do you know what biomimicry is? It’s a design philosophy and process that studies nature’s biology and imitates these models to solve human design problems.

Come and learn about the people who are reshaping the way we design things.

Presenter: **Esther Tzoumas**

For more information and to register, contact Esther Tzoumas at [etearthwalk@yahoo.com](mailto:etearthwalk@yahoo.com).

***Fee: Donation***

**OCTOBER 19 ~ Saturday, 12:30 p.m. to 4:30 p.m.**

**Basic Computer Skills: An overview of how a computer works**

Learn everything from the beginning... how to use a mouse and keyboard; computer terms; explore Windows 7; and learn how to use common program features... how to create and organize your files and folders in Windows Explorer and My Computer. Get step-by-step instructions for moving, copying, and saving your files and folders. Gain the knowledge and skills you need to protect your system from outside attacks such as malware, spyware, and scams.

Learn how to use the Internet to browse web pages, search for websites, send and receive email and email attachments. (This section is limited due to lack of a sufficient Internet connection at SEVA.)

Presenter: **Bill Glass**, owner of “The Frame Shop” and “The Computer Doctor” in Walton, NY, has been repairing and building computers for satisfied customers for 15 years in Delaware County. Bill has been asked by his clients to teach a basic class for years and now we have one.

For more information about the class, contact Bill Glass at 607-875-5541. To register, contact Jed Schwartz at [SevaPrograms@gmail.com](mailto:SevaPrograms@gmail.com) or call 845-679-5177.

***Fee: \$30. Preregistration required. Class size limited to 10.***




---

**REGISTRATION INFORMATION**

---

**SCHOOL OF ENVIRONMENTAL AND VOCATIONAL ARTS**

*For more information and to register, write or call:*

SEVA Programs, 365 Seva Lane , South Kortright, New York, 13842

Phone: 607-538 -1130, Email: [SevaPrograms@gmail.com](mailto:SevaPrograms@gmail.com)

**\*FEES FOR ROOM AND BOARD PER NIGHT (IF NOT SPECIFIED IN THE WORKSHOP FEE):**

*Double—\$80 ~ Single—\$90 ~ Dorm—\$65 ~ Commuter—\$35 (includes meals) ~ Meal ticket—\$15 (lunch or dinner)*

TO REGISTER, PLEASE COMPLETE THIS FORM AND SEND TO: **SEVA PROGRAMS, 365 SEVA LANE, SOUTH 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 ..... PHONE .....

HOME ADDRESS .....

CITY ..... STATE ..... ZIP .....

OTHER ADDRESS .....

E-MAIL ADDRESS ..... ALTERNATE PHONE .....

NAME & DATE OF PROGRAM ..... AMOUNT ENCLOSED (check or money order) .....