
2015 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 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. To respect 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.

www.sevafoundationny.org

2015 CLASSES by date (see catalog for details)

Preregistration is required for all classes - at least two weeks in advance.

Sun, March 8, 11-5 p.m. / \$20
Relaxation & Revitalization -
 Barbara Lubow & Esther Tzoumas

Sat, April 4, 10-4 p.m. / Free
*Raising of the Tipi (repair and
 cleaning)* - Esther Tzoumas

Sat-Sun, April 11-12, 10-5 p.m. / Donation
Creating a Greenhouse BioShelter -
 Esther Tzoumas

Sun, April 12, 2-5 p.m. / Free
*Raising of the Tipi (hanging the
 canvas)* - Esther Tzoumas

Sat-Sun, May 2-3, 10-5 p.m. / Donation
Creating a Greenhouse Bioshelter -
 Esther Tzoumas

Sun, May 3, 1-5 p.m. / \$40
Celtic Traditions: (1) Beltane -
 Margo Mullen

Sat, May 16, 2-4 p.m. / \$10
*Beavers: the Sacred Center of the
 Land* - Skip Lisle & Mercedes Cecilia

Sun, May 17, 1-5 p.m. / \$15
Introduction to Fire Making -
 Karen Martis

Sat, May 23, 10-4 p.m. / \$50
Practical Permaculture... -
 John-eriK

Sat-Sun, June 6-7, 10-5 p.m. / Donation
Creating a Greenhouse Bioshelter -
 Esther Tzoumas

Wed-Sun, June 24-28 / \$1325-\$1500
Jin Shin Jyutsu Summer Retreat -
 Jed Schwartz

Sat-Sun, July 7-11, 10-5 p.m. / Donation
Creating a Greenhouse Bioshelter -
 Esther Tzoumas

Sat, July 18, 1-5 p.m. / \$35
*Introduction to Animal
 Communication* -
 Jeanne Porter Ashley

Sat, July 26, 1-5 p.m. / \$25
Introduction to Feng Shui -
 Jeanne Porter Ashley

Sat-Sun, August 1-2, 10-5 p.m. / \$150.
*Karma Yoga & SEVA Service
 Weekend* - Pam Lunz

Sat-Sun, Aug 1-2, 10-5 p.m. / Donation
Creating a Greenhouse Bioshelter -
 Esther Tzoumas

Sun, Aug 2, 1-5 p.m. / \$40
Celtic Traditions: (2) Lughnasadh -
 Margo Mullen

Sat-Sun, Aug 15-16, 10-5 p.m. \$45/day.
 includes materials
*Creativity, Art and Spirituality
 Retreat* - Mercedes Cecilia

Wed, Sep 2, 12:3-5 p.m. / \$20
*Weeds, Leaves, Seeds and Shoots:
 Balance Your Budget...* -
 Marguerite Uhlmann-Bower

Sat, Sep 5, 10:30-5 p.m. / \$25
*Healing with Meals: Vegan, Gluten &
 Sugar Free* - Mercedes Cecilia

Sat-Sun, Sep 12-13, 10-5 p.m. / Donation
Creating a Greenhouse Bioshelter -
 Esther Tzoumas

Sat-Sun, Sep 26, 1-5 p.m. / Donation
Dances of Universal Peace -
 Karuna Foudriat

Sat-Sun, Oct 3-4, 10-5 p.m. / Donation
Creating a Greenhouse Bioshelter -
 Esther Tzoumas

Thurs-Sun, Oct 22-25 / \$1000
Jin Shin Jyutsu Fall Retreat -
 Jed Schwartz

Sun, Nov 1, 1-5 p.m. / \$40
Celtic Traditions: (3) Samhain -
 Margo Mullen

Sat-Sun, Nov 7-8, 10-5 p.m. / Donation
Creating a Greenhouse Bioshelter -
 Esther Tzoumas

Fri, Nov 13, 1-5 p.m. / \$10
Fall/Winter Pruning - John-erik

Sun, Dec 6, 12:3-5:30 p.m. / \$50
*Wild Plant Preparations
 for Simple First Aid* -
 Marguerite Uhlmann-Bower

Sun, Feb 7, 2016: 1-5 p.m. / \$40
Celtic Traditions: (4) Imbolc -
 Margo Mullen



APRIL 4 ~ Saturday - 10:00 a.m. to 4 p.m.

APRIL 12 ~ Sunday, 2 p.m. to 5 p.m. / FEE: Free

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.

Project for April 4 is repairing and cleaning the canvas. Project for April 12 is placing the canvas on the poles. Come spend the day and make new friends.

Presenter: **Esther Tzoumas** and friends. For more information, contact Esther at tearthwalk@yahoo.com.

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

Creating a Greenhouse Bioshelter

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

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.



MAY 3, AUG 2, NOV 1, FEB 7 ~ Sundays, 1 p.m. to 5 p.m.

FEE: \$40 for each session, includes materials

Celtic Traditions

Many of our modern day celebrations, rituals, and traditions come from the ancient practices of the Celtic people of Ireland, Scotland, Isle of Man, Cornwall, Brittany and Wales. In this course Margo will take you on a journey to the Celtic lands and introduce the strong cultural connections these people had with the earth and nature's cycles of birth, growth, decay, and death. Through lecture, demonstration and interactive group activities, we will experience some of the traditional Celtic celebrations and rituals associated with each seasonal transition. *Celtic Traditions* will meet during the four major festivals:

Beltane - May 3; Lughnasadh - August 2,; Samhain - Nov. 1; and Imbolc - Feb. 7.

Presenter: **Margo Mullein**, a practicing, certified Herbalist since 1998, is the founder and owner of Walking Root Herb Farm and Center for Indigenous Technologies. After two magical journeys to her ancestral homeland, Margo has become enchanted by the teachings and traditions of Ireland and the people of the Celtic lands, sharing what she has learned by weaving connection with the past and the world of today.

MAY 16 ~ Saturday, 2 to 4 p.m. SUGGESTED DONATION*: \$10

Beavers: the Sacred Center of the Land

Native Americans call beavers "The Sacred Center of the Land" because they create a rich habitat for other animals. Wildlife biologist Skip Lisle will talk about the importance of wetlands and how to control flooding without destroying their dams.



There will be free art activities for kids.

Presenter: **Skip Lisle** is a conservationist, builder, biologist, international beaver management expert, and inventor of the Beaver Deceiver dam management system. His favorite activity is improving wildlife habitat.

To register, email mercedesartjsj@gmail.com or phone 845-679-9258.

MAY 17 ~ Sunday, 1 p.m. to 5 p.m. / SUGGESTED DONATION*: \$15

Introduction to Fire Making

This is an introduction to the bow drill for fire starting and to making useful fire structures that can be started with the bow drill or one match from elements of nature.



Presenter: **Karen Martis** graduated from Grinnell College studying Philosophy and Environmental Studies. She has worked in the environmental field since 1980 while continuing her studies with a variety of teachers including Rosemary Gladstar, Errett Callahan and Tom Brown, Jr. Her area of specialty includes Ethnobotany and Wilderness Survival among many others. She is on the board of directors of the *Children of the Earth* Foundation.

MAY 23 ~ Saturday, 10 a.m. to 4 p.m. / FEE: \$50; Bring your own lunch

Practical Permaculture: Finding Your Sustainability Niche

An introduction to Permaculture principles, ethics ("Care for Earth, Care for People" and recycling surplus through the network-system), and the basics of reading landscapes. Hands-on may include building A-frame and water-level tools and doing basic surveying of the land with levels to lay out simple swales. How would this swale design alter water flow and soakage in and on the landscape. We might meet again in September or October, if there is interest, to review and re-examine our work to determine its impact on the local vegetation and environment.

Each student is encouraged to keep a notebook and to chronicle their experiences and ah-ha's as they discover their niche in Earthworks.

Presenter: **John-eriK** (InternetEarthworks.com) is a certified Permaculture Designer and Aquaponics enthusiast who has studied Advanced Permaculture and Natural Resources Sciences. He has worked on Permaculture Homesteads since 2007. Recent projects include rocket stove mass heaters, cob building, "herb spiral" and "key-hole" gardens, landscape surveying, and swale-tree irrigation systems.

JUNE 24-28 ~ Wednesday, 8:30 a.m. to Sunday, 12 noon

FEE: Single Room \$1500, Double Room \$1325; maximum 14 participants



Balance the Body's Energy: Jin Shin Jyutsu Summer 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. Fee includes nine sessions, room and board.

Organizer: For more information, contact

Jed Schwartz at 845-679-5177 or email SevaPrograms@gmail.com. See also Thursday-Sunday, October 22-25, for the **JSJ Fall Retreat**.

JULY 18 ~ Saturday, 1 p.m. to 5 p.m. / SUGGESTED DONATION*: \$25

Introduction to Animal Communication

Animal communication is nothing new. We know we reap positive benefits such as stress relief from our intimate relationships with these family members. This introductory class, covering audient animal communication for all species, will show how you can approach a connection to clearer understanding—to love, appreciate, identify, resolve, create and inspire each other. Please bring a photo of your animal companion.



Presenter: **Jeanne Porter Ashley's** Native American ancestry of Lowcountry Charleston, SC, farmers started Jeanne off early on this Dr. Doolittle path of talking to the animals. Animals—chickens, horses, dogs, canaries, mice, cats (yes, cats)—communicate! Plants, trees, all of nature speaks to us! Jeanne continues, after many decades, to interpret the inner voices of all species. She specializes in equine/horses.

JULY 26 ~ Saturday, 1 p.m. to 5 p.m. / SUGGESTED DONATION*: \$25

Introduction to Feng Shui

Feng Shui works with just five elements - water (black), wood (green), fire (red), metal (white), and earth (yellow). These combine as the Feng Shui "cures" to bring increased energy flow and prosperity into your life. Whether in your home, office or garden, a simple change using Feng Shui can help you reap the benefits of clearer thinking.

Let this Feng Shui workshop help you become more aware of your surroundings and their impact on your health, harmony, and happiness.

Presenter: **Jeanne Porter Ashley** was introduced to the concept of Feng Shui in the 1970's and has practiced Feng Shui professionally since 1990. Her successful business, *JPA Feng Shui-TAO of Heaven and Earth*, was in the Charlotte, NC, area and based on her training, experience and intuition.

AUGUST 1-2 ~ Saturday & Sunday, 10:30 a.m. to 5 p.m.

SUGGESTED DONATION: \$150; includes room and board

Karma Yoga & SEVA Service Weekend



Join Pam Lunz Medina, soul-filled meditative yogini, for a karma yoga weekend complete with joyful yoga to unwind, deep relaxation techniques, luxurious breaths, healing chants, and mindfulness meditation - accompanied by offering our hands & hearts in service to the sacred land of SEVA.

Friday evening begins with Yoga for the Weary Traveler. Saturday morning starts with Rise, Shine & Serve Yoga, followed by Restorative Yoga after our Karma Yoga work is done. Saturday evening Pam & Reinaldo Medina (her husband) will lead us in community style kirtan (call and response chanting).

Bring your instruments, your voices, your yoga mats, props and 2 pillows, along with your helping hands! Karma Yoga Duties may include organic gardening, greenhouse construction, earthen-home repair, housekeeping, stacking wood, and kitchen assistance, etc.

Presenter: Pam Lunz-Medina (Chandradevi), E-RYT, certified in Integral Yoga, continues her studies in Kundalini, Tantra, Meditation and Trance Dance. Her greatest joy is sharing with others the many tools she has been blessed with on her holy journey towards the endless within. She is the proud founder of The Yoga Lily yoga studio in Clifton Park, NY (www.theyogalily.com).

AUGUST 15-16 ~ Saturday & Sunday, 10:30 a.m. to 5 p.m.**

FEE: \$45 per day; plus discounts for room & board for those staying overnight

Art and Spirituality Retreat

Enjoy walking meditation and Jin Shin Jyutsu Self Help for body, mind, and spirit. Discover the yoga of lucid dreaming for creativity. Create a "Sacred Vessel" from a gourd to keep your happy thoughts. Participate in unique hands-on creative exercises. Write and illustrate a poem or a story. Paint and play!

**You may register for one or two days.

Presenter: Mercedes Cecilia is certified in Naturopathic Medicine and is a Jin Shin Jyutsu practitioner. She has been leading seminars in healing and creativity for 35 years:

www.jinshinjyutsu-mercedes.com

To register, email mercedesartjsj@gmail.com or phone 845-679-9258.



SEPTEMBER 2 ~ Wednesday, 12:30 to 5 p.m. / FEE: \$20

Weeds, Leaves, Seeds & Shoots:

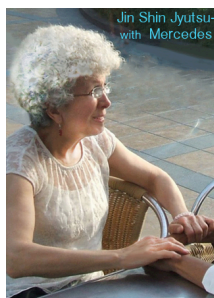
Balance Your Budget... Steward the Land

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** is a 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*, Marguerite combines traditional herbal practices with evidenced-based Western healthcare community programs.

To register or for more information, contact Marguerite Uhlmann-Bower at 607-278-9635 or email 3moonsisters@gmail.com.

SEPTEMBER 5 ~ Saturday, 10:30 a.m. to 5 p.m. / FEE: \$25



Healing with Vegan, Gluten-Free and Sugar-Free Meals

Create a healthy dinner and learn simple Jin Shin Jyutsu Self Help flows for our digestion. We will prepare three dishes and dessert, and set aside time for Q&A on properties of herbs, macrobiotic diet, raw juicing, and detox protocols.

Bring your friends and enjoy a delicious, healthy dinner. Renew your enthusiasm for healthy, delicious and nutritional meals and take home recipes to share.

Presenter: **Mercedes Cecilia** is certified in Naturopathic Medicine and is a Jin Shin Jyutsu practitioner. Her cookbook *Prayers, Poems and Spices* is now in its third edition. www.jinshinjyutsu-mercedes.com

To register, email mercedesartjsj@gmail.com or phone 845-679-9258.

SEPTEMBER 26 ~ Saturday, 1 p.m. to 5 p.m. / SUGGESTED DONATION*: \$10

Dances 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. Karuna leads groups in New Paltz, Albany and beyond.

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 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.

***SUGGESTED DONATION:** You may pay more or less than advertised. No one will be turned away.

NOVEMBER 13 ~ Friday, 1 p.m. to 5 p.m. / SUGGESTED DONATION*: \$10

Fall/Winter Pruning

Why prune? By removing dead wood from a tree and strategically removing live growth, one can work with nature to manage the wild life-force which courses through the tree and enhance the health and beauty of its form and function. We clear space in the center to allow more light and air to reach each productive branch and keep any harvest within a convenient reach. Pruning is best done in winter when the tree is still dormant and its sap is still sleeping in the roots. It is also possible to prune in the fall after most of its harvest is picked and signs of the changing season start to appear.

Presenter: **John-erik** (InternetEarthworks.com) is a certified Permaculture Designer and Aquaponics enthusiast who has studied Advanced Permaculture and Natural Resources Sciences. He has worked on Permaculture Homesteads since 2007.

Recent projects include rocket stove mass heaters, cob building, "herb spiral" and "key-hole" gardens, landscape surveying, and swale-tree irrigation systems.



DECEMBER 6 ~ Sunday, 12:30 p.m. to 5:30 p.m. / FEE: \$50.

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 when reliable medical care is unavailable. This class is not about replacing skilled medical care; this class is 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. Future workshops (in 2016) will show us how to prepare wild plants to make the first-aid remedies that we learn in this class.

Location to be announced.

Presenter: **Marguerite Uhlmann-Bower** is a 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*, Marguerite combines traditional herbal practices with evidenced-based Western healthcare community programs.

To register or for more information, contact Marguerite at 607-278-9635 or email 3moonsisters@gmail.com.

OCTOBER 22-25 ~ Thursday, 1 p.m. to Sunday, 12 noon

FEE: \$1000; maximum 10 participants

Balance the Body's Energy: Jin Shin Jyutsu Fall Retreat

Fee includes nine sessions, room and board.

See description at the **JSJ Summer Retreat**, Wednesday-Sunday, June 24-28.

Organizer: For more information, contact **Jed Schwartz** at 845-679-5177 or email SevaPrograms@gmail.com.



REGISTRATION INFORMATION

SCHOOL OF ENVIRONMENTAL AND VOCATIONAL ARTS
For more information and to register, write or call:

SEVA Programs
365 Seva Lane
South Kortright, NY 13842
Phone: 607-538-1130
Email: SevaPrograms@gmail.com

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

*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.

Preregistration required for all classes - at least 2 weeks in advance.

NAME

PHONE ALT. PHONE.....

HOME ADDRESS (STREET)

CITY STATE ZIP

OTHER ADDRESS

E-MAIL ADDRESS ALT. EMAIL

NAME & DATE OF PROGRAM.....

AMOUNT ENCLOSED (check or money order)

COMMENTS

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