

SEVA

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 on earth 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 *Nutrition and Vegetarian Cuisine, Meditation and Yoga*.

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

LIFESTYLE

SEVA offers classes to all regardless of race, color, gender, sexual orientation, religion, national origin, age, or handicapped status.

SEVA is a drug-free, alcohol-free, nonsmoking campus. We serve simple vegetarian cuisine.

We try to honor the environmental sensitivities of all visitors. We thank you for not bringing your pets and for not wearing perfumes or scented oils.



CALENDAR 2008

Thursday-Sunday ~ FEBRUARY 21, 22, 23, 24

RELAXATION AND REVITALIZATION: FOUR DAYS FOR RENEWAL!

Have a winter retreat from your active life. Pamper and nourish your mind, body and spirit with homemade facials and foot baths. Enjoy juicing, sprouting, harmonizing touch, and dance exercises, as well as a special rosewater meditation. Join in good conversation for nurturing harmony, balance, renewal and aliveness!

**Presenters: Barbara Lubow,
Esther Tzoumas, and others**

For more information, contact Barbara Lubow
at belight99@hotmail.com

*Fee: \$20 per day, plus room & board**

Saturday ~ APRIL 26

2-3:30 PM: LEATHER CRAFTING

Learn the basic techniques for using leather to make comfortable moccasins, strong belts, and leather dresses. Create your own friendship bag and enjoy the camaraderie of fellow crafters.

3:30-5 PM: BEADING FOR BEAUTY

The peyote stitch and lazy stitch are two traditional beading techniques used to decorate and adorn special articles. Have fun learning how to create these beautiful and prized beadwork patterns.

Presenter: Robert Rosario is an artisan with 20 years' experience whose work has been shown at Common Ground and at many Native American Pow Wows. For more information, contact Esther Tzoumas
at etearthwalk@yahoo.com

*Fee, each class: \$17
(includes \$5 materials fee)
Register for both classes for a fee of \$30*

Saturday ~ MAY 3-4 ~ 10 AM-4 PM

RAISING OF THE TIPI

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

Presenter: Darryl Fineout

has been erecting Tipis for 15 years.

For more information, contact Esther Tzoumas
at etearthwalk@yahoo.com

Fee: FREE

Wednesday-Sunday ~ JUNE 23-27

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. *Maximum 15 participants.*

For more information, contact Jed Schwartz
at schwartz.jed@gmail.com

Fee: Single \$1275, Double \$1100

(Fee includes 9 sessions, room & board)

Saturday ~ JULY 12 ~ 10 AM-4 PM

PRACTICAL ALCHEMY: FROM GREASE TO GOLD

With a focus on *energy transformation*, Peter Dobo will demonstrate how to make biodiesel fuel from used vegetable oil. Topics include solar energy and basic thermodynamic experiments that focus on employing junk to create energy. By opening ourselves to a new consciousness, we are presented with the opportunity to concurrently transform our own personal energy. This is a hands-on "get your clothes dirty" workshop.

Presenter: Peter Dobo is a horticulturalist, professional gardener and a former broker for the World Energy Biodiesel Corporation. He runs two vehicles on self-manufactured biodiesel and lives most of the year in a solar-powered Airstream travel trailer.

For more information, contact Jed Schwartz
at schwartz.jed@gmail.com

Fee: \$25

Saturday–Sunday ~ JULY 19–20

**TRIBAL YOGA – RHYTHMIC REVIVAL!
A MINI RETREAT THAT HAS A BEAT**

Yoga! Dance! Drum! Sing! Play! Laugh! Be!
Let Joy be the inspiration for your inner revival.
Be part of the movement to set your
boundless spirit free.

Presenter: Pam Lunz, Yogi Drum Dancer and
Cultivator of Joy, has taught at Yogaville, SUNY
Delhi, BOCES and throughout the East Coast.

For more information, contact Pam Lunz
at tribalyoga@yahoo.com

Fee: \$120 (includes room & board)

(Check in 1–2:30 pm Sat.; check out 1-2 pm Sun.)

Friday–Sunday ~ AUGUST 15, 16, 17

ART AND SPIRITUALITY RETREAT

Everyone is an artist! This program is open to all!

Let us enhance our joy of life through art with
unique hands-on Art experiences! We will explore
our individual Creative Spirit and the channels
through which this life source can be visually
expressed using paints, open dialogues, clay,
intuitive writing and mask-making.

Create with all your heart! Even if you think you
can't, the Spirit within you will surprise you.

The day will begin with guided meditation, Jin
Shin Jyutsu Self-Help, and prayers for World Peace

Presenter: Mercedes Cecilia,
practitioner of Jin Shin Jyutsu, has led seminars in
Healing and Creativity for the past 30 years.

Guest actor **Robert Feder** will share with us the
art of Improvisational Theater. Bob has
appeared in several plays in New York City.

For more information, contact Mercedes Cecilia
at being@jinshinjyutsu-mercedes.com

Fee: \$45 per day: Special rates for overnight guests

*Line drawing of the southeast
elevation of the Seva Campus
by Lucy Carly*

Saturday ~ SEPTEMBER 13 ~ 12–5 PM

SHEEP TO SHAWL – A FIBER ARTS PICNIC

IN MEMORY OF SUE ANN (SAM) WILKINSON

Come and watch a four-generation family
demonstrate the skills needed to
turn raw fleece into a shawl.

Great-grandmother *Sunny Huppert*, of
The Renegade Day Weavers Guild, has taught
spinning, weaving, rug hooking, felting, knitting,
and crocheting. Daughter *Tina Harp* of Brooksong
Studio in Shandaken, New York, her
granddaughter *Gabriel Harp*, and some of
her great grandchildren, will all join in.
Children's fun activities throughout the day.

Organizer: Garnette Arledge, author of
Wise Secrets of Aloha

For more information, contact Garnette Arledge at
author@garnettearledge.com

Fee: \$3 per family: Picnic lunch available for a fee.

Saturday–Sunday ~ OCTOBER 18–19

**TRIBAL YOGA– LIBERATING YOUR
BEAUTIFUL WILD SOUL!**

Put the good vibes in and take the stress out!
Put the good vibes in and then shake it all about!
Through yoga, dance, rhythm and song,
we experience the sweet release
of surrendering to the complete moment.

Presenter: Pam Lunz (see more at July 19-20)

For more information, contact Pam Lunz
at tribalyoga@yahoo.com

Fee: \$120 (includes room & board)

(Check in 1–2:30 pm Sat.; check out 1-2 pm Sun.)



Saturday ~ NOVEMBER 15 ~ 10–4

RITE OF PASSAGE - FOR WOMEN

As a certified expressive arts therapist,
Shirley Sweet developed this workshop to
encourage menopausal and perimenopausal
women to become more in touch with their feelings
and inner life through a series of self-acceptance
exercises and ritual. Participants will explore
natural cycles of life, death and rebirth; mental
transmutation; using the inner artist to heal
yourself; and ritual mask making.

The workshop is limited to 11 women.

Presenter: Shirley Sweet is a painter, printmaker,
and art teacher who lives in Oneonta, New York.

She is an active member and teacher in the
Circulos Community, a civic organization
dedicated to spiritual growth through education,
service, and the support of indigenous ways.

For more information, contact Esther Tzoumas
at tearthwalk@yahoo.com

Fee: \$95 (includes \$20 materials fee)

REGISTRATION INFORMATION

**FOR MORE INFORMATION AND TO REGISTER,
write or call:**

School of Environmental and Vocational Arts
SEVA Programs, 365 Seva Lane
South Kortright, New York, 13842
Phone: 607-538 -1130
seva.programs2008@gmail.com

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

Double—\$65 ~ Single—\$75 ~ Dorm—\$50

There is a \$15 linen charge if you prefer
not to bring your own bed linen and towels.

Commuter—\$35 (includes meals)

Meal ticket—\$15 (lunch or dinner)

Keep in touch to find out
what we are doing next.
We are always
adding classes.

To register, please fill out completely 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
or email *seva.programs2008@gmail.com*
Leave a message and someone will contact you.

NAME _____

PHONE _____

E-MAIL _____

STREET/PO BOX _____

CITY _____

STATE _____ **ZIP** _____

OTHER ADDRESS _____

ALTERNATE PHONE _____

Name and Date of program(s):

AMOUNT ENCLOSED (check or money order):

\$ _____

This sheet, folded on the dotted lines,
will fit in a window envelope.

SEVA Programs
365 Seva Lane
South Kortright, NY 13842

