



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. SEVA honors a relationship of integrity with our environment and offers a wide array of programs and workshops that cultivate wholeness and well being. 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*. When you visit with us, please do not bring your pets and 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, sexual orientation, gender identity or expression, religion, national origin, age, or disabilities.*

Ongoing Care of the Greenhouse Garden



April 6-7 and Oct 5-6 ~ Sat. & Sun., 9^{am} to 12^{pm} ~ Donation ~ Register at least five 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. We will clean up for winter in October.

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.

New Moon Angel Gathering: Meet Your Guides And Angels

MAY 4 ~ Saturday, 1-5^{pm}; register by April 29 ~ Suggested Donation - \$35

Would you like to meet your guardian angels? Learn their names?



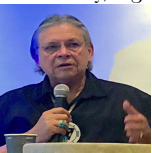
Talk to them? In this interactive class, we will learn how to clear ourselves to receive communication, set boundaries, receive messages, write them down so we don't forget, and share and discuss to anchor and ground our experiences into everyday life.

Presenter **Pat Crosby** has been talking with angels forever and now helps you do the same. <http://PatCrosby.com>

All Our Relations

May 5 ~ Sunday, 1-5^{pm}; register by April 30 ~ Suggested Donation - \$40

Learn about the birth of the White Buffalo calf and the pipe and what they mean in the past days and present day life of all nations. This story/legend shows us how all things are sacred on Mother Earth. We'll also learn the meaning of the four colors and the sacred medicine Wheel of Life. Lessert will cover : 1) sacred pipe teaching, 2) sacred colors of the Medicine Wheel, and 3) water is life. Mitakuye oyasin.



Presenter **Lessert Moore**.

Tipi Raising

May 19 ~ Sunday, register by May 13 ~ Donation



Come and spend the day with us at SEVA, and learn about this most versatile, earth-friendly architectural structure.

Presenter **Zelda Hotaling**. See more about Zelda at www.zeldahotaling.com and below at the September 28 Drum Workshop.

Balance Your Energy: Jin Shin Jyutsu® Retreat

May 30-June 2 ~ Thursday, 1^{pm} to Sunday, 12^{pm} ~ Fee - \$1125

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, contact **Jed Schwartz** at 845-679-5177 or email schwartzjed@gmail.com.

Healing Through Forgiveness and Talk Circle

June 8 ~ Saturday, 2-5^{pm}, register by June 3 ~

Suggested Donation - \$35. Bring a journal and pure drinking water.

Forgiveness is the most important energy on the planet right now. Please help us release the heavy burden of accumulated toxic energy - beginning with each one of us and extending to our families, relationships, work... This is your chance to get release from situations and persons that have held you down and depressed, and have shackled your energy to old situations, memories, and events. (continued at the top of the page)

Healing Through Forgiveness, June 8, 2-5^{pm} (continued)

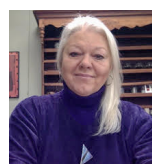


Through ceremony, we will experience the transforming energies of grace, love and light, freeing us from old baggage, memories, persons, and events that keeps us at a limited level of awareness so that we can move forward to the next level of our journey. We hope you can join us.

Presenter **Pat Crosby** is a mystic, healer, and spiritual guide. She has traveled to sacred sites and taught healing for over thirty years. She works intuitively as well as incorporating her post-graduate studies in clinical and school psychology, business, and various healing modalities. Contact Pat at 845-434-3829 or email <http://PatCrosby.com>.

Co-Creating with Nature - A Journey into the Heart of Nature

June 15 ~ Saturday, 1-5^{pm}; register by June 10 ~ Fee - \$40



This workshop is about honoring the Earth, about deeply seeing the relationships we already have with Nature, and stepping into a co-creative partnership with the many Kingdoms we share this Earth with. Spending time in the gardens and woods surrounding SEVA, we will offer

ceremonies of celebration and healing; learn new ways of opening our senses to the many animal, vegetable and mineral worlds that surround us; invite the spirits of healing plants to join us and work with us co-creatively, and listen for the messages they might send to us when we are open to receive them.

We hope you will join **Linda Law** on this journey of opening into a deeper reality, one that Nature offers when we open through the Heart to the richness of this magnificent planetary being. This will be an all-day workshop.

Presenter **Linda Law** is a digital/holographic artist who is also a herbalist trained in Plant Spirit Healing and a passionate gardener who spends much time in Nature. You can explore her work at www.lindalawfineart.com or contact her directly at 845-532-3035 if you have any questions.

Earth & Sky: Connecting through Ceremony and the Labyrinth

June 16 ~ Sunday, 1-4^{pm}, register by June 11 ~ Suggested Donation \$30

In countless spiritual traditions, ceremony and sacred sites are ancient tools for prayer and intention. In a cross-cultural approach, we'll explore two tools: altars (indoor/outdoor/portable) for personal & community ceremony, plus the Labyrinth. The Labyrinth is an ancient, enigmatic design found all over the world, in desert petroglyphs, Asian manuscripts, Mediterranean caves, and Celtic/Nordic stone formations. Some Labyrinths are sacred sites, many serving as centuries-old pilgrimage destinations. We'll create a 'sacred site' at SEVA Center with a full-size labyrinth - a walking-meditation tool now found in parks, health facilities, spiritual centers, prisons, etc.(weather permitting: outdoors vs. indoors). You will also be given instructions on how to make one on your own property.

Presenter **Janet Kroboth-Weber** is an artist, musician, activist and cross-cultural minister, ordained by the Center for Sacred Studies (Guerneville, CA) with a focus on global indigenous traditions. She has assisted elders for over twenty years with teaching circles, ceremony and prison ministry. A graphic designer (BFA Parsons/New School), she also worked with Earth scientists at Columbia University's Geological Observatory. Wilderness experience, primitive skills study and broad travels influence her work with environmental groups and interfaith perspectives for the Earth. She has coordinated ceremonial gatherings for land and water and promotes community-building through sacred activism for indigenous rights, social justice, and water protection. You can watch her on YouTube by searching [Janet Weber, Council of 13 Indigenous Grandmothers](#).



Skills to Navigate Daily Life

June 28-30 ~ Friday-Sunday, register by June 21~ Fee - \$340, includes Room and Board



Join us for this uplifting and fun weekend. Together we will engage in transforming the to-do list to the To-Be List. With compassion and self-responsibility we will engage in daily activities that make a positive shift in any situation - accepting that we are perfect, whole, and complete., This hands-on workshop offers a variety of practices to keep us grounded, focused and present. We will be using the disciplines of Kundalini Yoga, meditation, movement, Sound Journeys and other life-enhancing skills that allow us to thrive and survive in any situation. Discover the benefits and effects of physically working with the elements of fire, water, earth, and air. Individual sessions will be available on Sunday and Monday.

Presenter **Justin Ram Das Logan**, LMT, IKYI, is a Kundalini Yoga teacher, energy healer, inspirational speaker, massage therapist, craniosacral practitioner, and sound healer. He is also a facilitator of sound healing journey’s and men’s workshops with over two decades of experience working with clients to help them come into a state of ease.

Meditation Retreat: A Weekend of Finding the Real You

August 10-11 ~ Friday, 7^{pm} to Sunday, 12^{pm} ~ Suggest Donation - \$145, includes Room and Board

The eternal question of “Who am I?” has been pondered and meditated upon throughout humanity’s existence. Come, let’s explore together and find the answer to this age-old question. Through meditation, self-inquiry, singing, chanting, and similar spiritual practices, together we will look deeply into ourselves and find our true north. All levels of prior experience are most welcome. Beginning meditation, as well as advanced meditation techniques, will be shared.



This weekend is a fundraiser for the SEVA Foundation. All donations beyond room and board are most welcome.

Presenters **Roseanne and Al Levy** have shared Meditation techniques in America, Europe, and India for the past 40 years. Dr. Allen Levy is a practicing transpersonal modern psychoanalyst and psychotherapist in private practice in Westport, Connecticut. He is internationally known for his work over the past 45 years in stress reduction, deep relaxation and meditation. Roseanne has lead meditation classes since 1978. Roseanne and Al have been married since 1990 and have two young-adult children. www.DrAllenLevy.com



The Art of Seeing (Photography)

Sept 7 ~ Saturday, 10am-5 pm, register by August 30 ~ Fee - \$40

A one-day hands-on workshop in “The Art of Seeing.” Cameras are ubiquitous these days, it is the rare person in the Western World who doesn’t carry a camera of some sort with them. As these cameras have become simpler and easier to use, we can easily take technically well-exposed images. However, shooting great images is not so easy and requires more than technical knowledge.

This workshop is designed to open you to a form of wider sensory perception. The camera becomes a tool for you to explore the world with new eyes. We will shoot outside in the beautiful grounds of SEVA, trying out new approaches with personal feedback from Linda Law, ultimately selecting an image to share with your classmates as a culminating event for the workshop. This will be an all-day workshop.

Presenter **Linda Law** is a Digital/Holographic Artist with a long history of working in photography. You can explore her work at www.lindalawfineart.com or contact her directly at 845-532-3035 if you have any questions.

Art, Spirituality and Jin Shin Jyutsu Self Help

Sept 22-23 ~ Sun. & Mon. (one or both days), 10:30^{am}-5:30^{pm} ~ Fee - \$50/day. Vegetarian lunch and snacks included. Discounts for 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 your 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 with watercolor, acrylic, pastels, or mixed-media painting. 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. Mercedes, the founder of Art and Spirituality Retreats, has been leading seminars in Healing and Creativity for more than 36 years. See www.jinshinjyutsu-mercedes.com and www.mercedescecilia.com. To register or for more information, call 845-679-9258 or email mercedesartjsj@gmail.com

One Day Drum-Making Workshop

Sept 28 ~ Sat., 9^{am} - 5^{pm}, register by Sept 23 ~ Fee - \$350 includes all materials. A nonrefundable \$100 deposit is required to register.



In this workshop, you will create a 16” drum and a drum stick from start to finish. You will paint your rim and choose the skin for your drum head: buffalo, elk or deerskin. Zelda will teach you how to intuitively select and cut the skin for your drum. Zelda will assist you in the unique process of transforming these simple materials into a drum while at the same time nurturing a personal transformation. Discover how to bring in new beliefs that will

support your inner transformation and help you to reconstruct a new way of looking at life. Or, you can simply make a drum. You will leave with a drum, drum stick, drum bag, and the process of your healing through the journey in birthing your Drum.

Presenter **Zelda Hotaling**, www.zeldahotaling.com. Zelda was raised in the Native American Traditions of the Mohawk people, the Haudenosaunee. Her family is from the Kahnawaka Reservation in Canada. Zelda’s gifts are clairvoyance and Spirit Guide healing work. Her dream and vision is being part of the amazing energy shift Mother Earth has manifested!

SEVA 2019 CLASS SCHEDULE

To register, unless noted otherwise, contact **Esther Tzoumas**,
Director of Curriculum Development,
at 607-538-1130

or email sevaprograms@gmail.com

365 Seva Lane, South Kortright, NY 13842

www.sevafoundationny.org

TO REGISTER, complete this form and send it to the address above. If you call, please leave a detailed message and someone will return your call. Preregistration is required for all classes – at least one week in advance – except as noted at each listing.

Name_____ Phone_____ Alt. Phone_____

Email Address _____

Name & Date of Program _____

Name & Date of Program _____

Amount Enclosed (check or money order) _____

Comments _____