



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, and Vegetarian Cuisine. 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.



The following three classes are presented by **SUNDANCE CHIEF LESSERT MOORE**

STONE LODGE TEACHINGS

April 4 ~ Saturday, 1^{pm}; Suggested Donation - \$35, Potluck meal. Register by March 28

TALKING CIRCLE: ALL THINGS ARE SACRED ON MOTHER EARTH

April 5 ~ Sunday, 9^{am}-2^{pm}; Suggested Donation - \$35 Potluck meal. Register by March 28

RED ROAD TEACHINGS

April 11 ~ Saturday, 2-4^{pm}; Suggested Donation - \$35, Bring a friend - \$30

Chief Lessert grew up on the Rosebud and Pine Ridge reservations in South Dakota. He is a Sundance Chief, dedicated to Sundance ceremony-ways for 45 years. He holds an AA degree in drug and alcohol counseling and has extensive teaching experience: Aspen Institute, University of Colorado, UCLA, Omega Institute, Sinte Gleska University. Decades of healing work combined with his activism for Indigenous people's rights (Wounded Knee 2, Standing Rock), enable Chief Lessert to give deep insight into sacred activism. His lifetime of service across the US has been dedicated to mending *The Sacred Hoop*, helping individuals and communities heal, and protecting Mother Earth.

Private sessions available: call 203-906-5552.

Please contact Esther Tzoumas at 607-538-1130 for details about the classes. Mitakuye Oyasin.



ONGOING CARE OF THE GREENHOUSE GARDEN

June 6-7 ~ Saturday & Sunday, 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. Join us again in October for winter clean-up.



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.

BALANCE YOUR ENERGY: JIN SHIN JYUTSU® RETREAT



June 25-28 ~ Thurs, 1^{pm} to Sun, 12^{pm}; Fee - \$1125, includes six sessions, Room & Board

Jim 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 schwartz.jed@gmail.com. Includes 6 sessions, room & board.

LEARN ABOUT ESSENTIAL OILS FROM THE COMFORT OF YOUR HOME: ONLINE SERIES (VIA ZOOM) WITH JOAN APTER

April 20, July 20, Oct 19 ~ Mondays, 7-8^{pm} EDT. You must register to receive the ZOOM link. First lesson is FREE. The rest are \$10 each, descriptions below.

Presenter **Joan Apter, Aromacologist**, has 26 years of training in the use and application of essential oils.

Joan has advanced training in the medicinal applications of essential oils from Ege University in Izmir, Turkey, and holds an International Certificate of Study from the Pacific Institute of Aromatherapy. She is a spa consultant; educator, and an instructor of the Raindrop Technique, Emotional Raindrop, and Neuro Auricular Technique (NAT) massage techniques. Joan is also certified to offer the "Prepare for Surgery, Heal Faster" workshop. She lives in Woodstock, NY.

Email joanapter@earthlink.net. www.apteraromatherapy.com



AN INTRODUCTION TO THERAPEUTIC ESSENTIAL OILS

April 20 ~ Monday, 7-8^{pm} EDT ~ Fee - FREE ZOOM meeting with Joan Apter

Learn how Essential Oils have been used for physical, mental, emotional and spiritual balance since pre-Egyptian time. Essential oils are the steam-distilled lifeblood of plants. As they penetrate the skin and enter the bloodstream, within seconds they bring their oxygenating, anti-viral, anti-bacterial properties into your system! Extremely potent plant medicines, one drop of peppermint essential oil is equal in value to 28 cups of peppermint tea! One drop of lemon essential oil is equal to one pound of lemon rind! We will learn how to use Essential Oils for common First Aid challenges, enhancing immune function, uplifting mood and emotion, relieving stress and pain, purifying home, school and work environment, and more! There will be time to ask questions and to address your personal wellness concerns.

The information from this class may also be helpful in caring for your animal friends!

MEDITATION RETREAT: A WEEKEND OF FINDING THE REAL YOU

July 17-19 ~ Friday, 7^{pm} to Sunday, 12^{pm} ~ Suggested Donation - \$165, 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

ESSENTIAL OILS FOR STRESS (AND DEEPER SLEEP!)

July 20 ~ Monday, 7-8^{pm} EDT ~ Fee - \$10 ZOOM meeting with Joan Apter

The scent of an essential oil can directly affect everything from your emotional state to your lifespan. When a scent is inhaled, the limbic system (where emotional memories are stored) is affected. The limbic system is directly connected to the parts of the brain that controls heart rate, blood pressure, breathing, memory, stress levels, and hormone balance. In this class we will learn which essential oils will help boost your mood, reduce stress, and promote positivity

Presenter **Joan Apter, Aromacologist**: see more above the April 20 session description.

JIN SHIN JYUTSU® SELF HELP FOR ADULTS AND CHILDREN

July 25 ~ Sat, 10:30am-5:30pm

Fee - \$50, includes vegetarian lunch and snacks

Jin Shin Jyutsu® is the ancient art of balancing the body's energy system through light touch to facilitate healing and restore the body to a more harmonious state of being. Learn how to energize the organs flows and also balance the emotions. Jin Shin Jyutsu Self Help is knowing how to revitalize our individualized body energy. Jin Shin Jyutsu Self Help (hands on) teaches us a way of living wholesomely—physically, mentally, and emotionally.



Enjoy a day surrounded by the Catskill Mountains and go home knowing this wonderful Art of Healing: Jin Shin Jyutsu, and how to help yourself and your family.

Presenter **Mercedes Cecilia** is certified in Traditional Naturopathic Medicine and has been a Jin Shin Jyutsu® practitioner since 1992. Mercedes has been leading seminars in Healing and Creativity for more than 36 years. Please visit www.jinshinjyutsu-mercedes.com. To register email mercedesartjsj@gmail.com or call 845-679-9258.



CREATIVITY & INTERCONNECTEDNESS WITH OUR ENVIRONMENT

Sept 5 & 6 ~ Sat. & Sun., 10:30am-5:30pm

Fee - \$50/day, includes vegetarian lunch and snacks. You may attend one or both days. Discounts for overnight stay. Work-study available.

Find new ways to express yourself in a dialogue with mountains, fruit trees, and flower gardens... or create your next abstract painting in your imagination. This workshop invites you to draw, paint, and discover your creativity—to feel spontaneous and playful while painting in your preferred medium. Together we will explore how best to translate individual choices onto paper and canvas. Enjoy a day or two in the Catskill Mountains using watercolor, acrylics, pastels, and mixed-media. Find silence and solitude discovering your authentic creative spirit while cultivating inner harmony among flowers and herb gardens. Enjoy your Creative self with landscape painting, botanicals drawings, abstracts, portraits, images, and words. We will have formal conversations in Color, Form, Light, Perspective, Landscape Painting, and Abstractions.

Presenter **Mercedes Cecilia**, founder of *Art and Spirituality Retreats* and the Art for All School, has been sharing Healing and Creativity seminars for 37 years. www.mercedescecilia.com. To register, email mercedesartjsj@gmail.com or call 845-679-9258.

ESSENTIAL OILS FOR IMMUNE SYSTEM SUPPORT

October 19 ~ Mon, 7-8pm EDT ~ Fee - \$10 ZOOM meeting with Joan Apter

A healthy immune system is your best defense to ward off unwelcome germs, especially as the cold and flu season approaches. Essential oils are a powerful support for the immune system. In this class we will go over some of the most common essential oils for immunity, plus a few that contain powerful antimicrobial compounds that can be especially useful in fighting off a wide range of bacteria, viruses, and fungi.

Presenter **Joan Apter, Aromacologist**: see more above April 20 session description.

INNER VOICE DRAWING®

Coming this season. Call for details. Suggested Donation \$30

Inner Voice Drawing® is an inspirational drawing method developed by Monika Kretschmar in 1996 that can be used to help find guidance with large and small questions of life. Because IVD® is a right brain activity, it has the advantage of overriding the rational mind, that part of us which tends to lock us into a certain way of thinking and all too often blocks our highest resource, our intuitive inner self. No drawing experience is necessary.

Presenter **Eileen Graves** has worked with and taught workshops on Inner Voice Drawing® since 2010. She is one of the editors of Monika Kretschmar's manuscript, *Drawing Out the Truth®*.

EARTH & SKY: CONNECTING THROUGH CEREMONY AND THE LABYRINTH

Coming this season. Call for details. 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 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, 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. Janet 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 find her on YouTube by searching [Janet Weber, Council of 13 Indigenous Grandmothers](#)

To register, unless noted otherwise, contact **Esther Tzoumas**, Director of Curriculum Development, at **607-538-1130** or email sevaprograms@gmail.com www.sevafoundationny.org

TO REGISTER, complete this form and send it Seva, 365 Seva Lane, South Kortright, NY 13842. 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.

When you visit, please do not bring pets and refrain from wearing perfumes/scented oils out of respect for the environmental sensitivities of other visitors.

Name _____ Phone _____ Alt. Phone _____

Email Address _____

Name & Date of Program _____

Amount Enclosed (check or money order) _____

Comments _____