

2022 CLASS SCHEDULE

To register, contact Esther Tzoumas at 607-538-1130 or email sevaprograms@gmail.com.



The School of Environmental and Vocational Arts is a private, nonprofit educational center situated on fifty 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 this year are in Complementary Healing Therapies, Art and Creativity, the teachings of Indigenous American Traditions, as well as classes in Meditation and Yoga, and Vegetarian Cooking.

SEVA follows New York State regulations for Covid. We are able to reopen our campus for classes this season. However, if New York State reinstates restrictions and we must close, we will happily refund your registration prepayment.

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.

For more information about any of the classes, email sevaprograms@gmail.com or visit our website.

www.SevaFoundationNY.org

Seva Foundation, 365 Seva Lane
South Kortright, NY 13842
607-538-1130

HEBALISM 101 (ON ZOOM) WITH ARIELLE HAYAT

May 10 ~ Tuesday, 7:30–9pm ~ \$20 ~ Zoom



Learn how to take herbs, their appropriate safety, dosage, and frequency. We will also discuss the traditional uses of the herbs.

Arielle Hayat is a clinical herbalist with 3 years of intensive training from Arbor Vitae School of Traditional Herbalism in New York City. She has worked as an herbalist for six years of clinical

work, in addition to completing a 2½ year herbal apprenticeship focusing on the Six Steps of Healing of the Wise Woman Tradition under mentor Lata Kennedy.

Arielle's education in natural plant medicine focuses on the world's most profound natural healing traditions. She believes that the remedy for virtually any ailment and health complaint is within our grasp amongst the natural world. www.arielletheherbalist.com

You will be sent the Zoom link once we receive notice of your payment.



To Register and Pay, use this code for all classes or use the link at the top of page-4.

All times are New York City time.

PLANT MAGIC TO RISE THE DIVINE FEMININE

WITH SABRINA VEDETE ELMALIAH

May 14 ~ Saturday, 1–4pm ~ \$22–\$44
~ SEVA Auditorium



Do you remember your magic? Since the dawn of time, women have cultivated a sacred relationship to the elements. From plants, we learn to heal and connect deeper with Spirit.

Together we will restore our feelings of protection and confidence and experience ourselves as passionate beings of

beauty. Sabrina will teach us to connect with the medicine of a certain plant, because they are here to guide us on a path of healing.

Are you ready to cultivate a spiritual relationship with plants to amplify your creativity and prosperity? Please bring your journal, pen, tea, and intention.

Sabrina Vedete Elmaliah, M.A., is the Founder of Sacred Lotus Yoni Steam, an herbal wellness modality. A published writer, Sabrina shares the benefits of ancient women's medicine traditions, dance, and nature therapy. www.sacredlotusyonisteam.com

**TIBETAN SINGING BOWLS
WITH KEN LANGLIEB**

**June 4 ~ Saturday, 2:30–5pm ~ \$40
~ SEVA Auditorium**

Vibrations emanating from Singing Bowls have a soothing effect on the body/mind/soul of receptive organisms. People, dogs, cats, plants, and more resonate and react to the beautiful tones that can be produced by striking or circling various sized bowls. Ken will give an introduction to the background of Tibetan bowls, followed by a demonstration on how to use them for relaxation and invoking one's own natural healing systems.

Ken will demonstrate many ways to apply the bowls on or around the body, with and without water – with a musical demonstration using chimes, gongs, and bowls to align the body's energy meridians.

Ken Langlieb, Ph.D., is a psychologist, musician and naturalist. Ken has taught more than fifty psychology classes for eight colleges and worked as a therapist for seven hospitals. Dr. Langlieb has been in private practice since 1993, specializing in natural treatments for Anxiety and Stress. He has a background in Massage (Swedish/Japanese/Intuitive) and Body-Centered Psychotherapy.

Ken is naturally intuitive, senses energy, and has a love of anything musical. He composes all kinds of music using keyboards and acoustic instruments. Ken has a summer home in Franklin, NY, which is a nature preserve for animals, plants and life both visible and invisible.
www.langlieb.com



**MENTAL PREPAREDNESS (ON ZOOM)
WITH RENÉE BARCHITTA**

June 14 ~ Tuesday, 6:30–8:30pm ~ \$20 ~ Zoom



The Boy Scouts motto “Be Prepared” reminds us to be ready for daily survival as well as difficult life challenges. Like the Boy Scouts, the time to learn survival techniques is before we need them. We usually think of physical preparedness as having a week's worth of food and water for emergencies. Sometimes when we watch the news we worry about the future.

Mental Preparedness means being ready for anything that is presented in our lives. What if you could actually be empowered by any challenge? This workshop will look at ways that well-known people, and people with difficult challenges, viewed their situations, stood up and never gave up—which allowed them to get through impossible situations. The power of awareness, words, faith, hope, and self-care provide new ways to embrace any situation. Leave the workshop with new techniques, new skills... and sharpen what you already know, feeling energized and recharged with a bag of mental tools.

Renée Barchitta, BA [Sociology], MPA, is a former STOP-DWI Coordinator and Educator and a student of the Lessons of Life and The Course In Miracles.

For more information, contact Renée at (607) 326-4169. You will be sent the Zoom link once we receive notice of your payment.



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**MEDITATION RETREAT: FINDING OUR
REAL SELF with Roseanne and Al Levy**

**July 1-3 ~ Friday, 7pm to Sunday, 2pm
\$75 Room & Board per day or \$150 for the Weekend**

The eternal question of “Who am I?” has been pondered and meditated upon throughout humanity's existence. 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 Self. All are welcome to participate – from beginners to experienced meditators.

Any volunteer help with preparing and serving food and cleaning up is appreciated. All donations beyond room and board to SEVA Foundation are gratefully welcome.



Al Levy, PhD, LCSW, is a certified modern and transpersonal psychoanalyst and psychotherapist in Westport, Connecticut. He specializes in the treatment of mental and emotional disorders of all forms and works with individuals, couples, families, and groups.

He has shared meditation techniques since 1974. Al is internationally known for his work in stress reduction, deep relaxation, and meditation.

Roseanne Italiano Levy has practiced meditation and self-inquiry since 1975. Roseanne has shared meditation techniques since 1984. www.drallenlevy.com

For more information and to register, contact Roseanne and Al at (203) 451-5558.

STOCKING YOUR FIRST AID KIT WITH HERBS (ON ZOOM) WITH ARIELLE HAYAT

August 9 ~ Tuesday, 7:30–9pm ~ \$20 ~ Zoom



Join us for a conversation and workshop on how to stock your first aid cabinet with herbal remedies. Learn which herbs are helpful for in-the-moment relief from cold and flu symptoms, digestive issues, insomnia, pain relief, anxiety, open cuts or wounds, allergy symptoms and more!

Arielle Hayat is a clinical herbalist with 3 years of intensive training from Arbor Vitae School of Traditional Herbalism in New York City. She has worked as an herbalist for six years of clinical work, in addition to completing a 2½ year herbal apprenticeship focusing on the Six Steps of Healing of the Wise Woman Tradition under mentor Lata Kennedy.

Arielle's education in natural plant medicine focuses on the world's most profound natural healing traditions. She believes that the remedy for virtually any ailment and health complaint is within our grasp amongst the natural world. www.arielletheherbalist.com

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TCM: FIVE-ELEMENT TIAJI MEDICAL QIGONG WITH KEN LANGLIEB

August 13 ~ Saturday, 2:30–5pm ~ \$40 ~ SEVA Auditorium

Flowing Qi, like flowing rivers, will clean and purify. QiGong benefits health, vitality & happiness. It may *reduce* pain, fatigue and apathy, and *increase* joy, strength and health. Learn about balancing your energy, synchronizing your body clock, listening to and trusting yourself. QiGong is movements, breath, diet and emotional awareness. Qi, our life force, wants to flow freely. QiGong turns blocked energy into flowing energy.



Ken Langlieb, Ph.D. [Counseling], is a naturalist, musician, and empath: He is naturally intuitive, senses energy, and has a love of anything musical. Ken has a summer home in Franklin, NY, which is a nature preserve for animals, plants and life both visible and invisible.

www.langlieb.com

IN YOUR HANDS WITH BARBARA ELLEN

August 20 ~ Saturday, 1:30–3pm ~ \$30 ~ SEVA Auditorium

Everyone can learn to read the map etched on the palms of their hands. The lines and signs are not there by chance and, when decoded, can lead to great insights and understandings about one's personality, strengths, and intrinsic challenges. This is not predictive palmistry; it is Hand Analysis.

Come with an open hand and an open mind, and, in 90 minutes you'll learn how much can be revealed by deciphering what is "hidden" in plain sight.



Barbara Ellen has been using Hand Analysis for the past 20 years in her counseling practice to help her clients understand their inherited traits and natural gifts. She studied and trained with masters in the field, including Richard Unger, founder of the International Institute of Hand Analysis; Baeth Davis, the "*Palm Pilot for the Soul of Your Business*"; and Ghanshyam Birlu, Vedic Palmist and founder of the Palmistry Center in Westmont, Quebec. www.auraboutyou.com

For more information, contact Barbara at 845-684-5061.

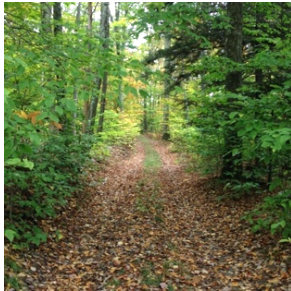


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**RADICAL FORAGING
WITH MARGUERITE UHLMANN-BOWER**

August 27 ~ Saturday, 1-5pm ~ \$30 ~ SEVA Campus

Join Marguerite at the SEVA campus for another wonderful plant identification walk and talk on plant medicine and nature elementals. Leave with tools of collaboration and inclusivity to model for your community. At the day's completion, we'll join around the fire to honor the sacred, and take part in creation instructions for healing grids, for home hearth, garden, and community.



Marguerite Uhlmann-Bower, R.N. and Clinical Eco Herbalist, is co-founder of Plant Pioneers, a human-plant relations movement. As an eco-radical forager, her focus is on reading the sacred landscape. It is here she'll respectfully link hands-on traditional ecological knowledge with elements of science, mind, and the unified field in the realm of plants and trees. www.PlantPioneers.org

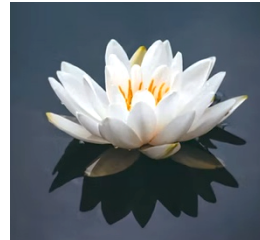


For more information, email 3moonsisters@gmail.com or call 607-437-1218

**MEDITATION RETREAT: FINDING OUR
REAL SELF WITH ROSEANNE AND AL LEVY**

**September 2-4 ~ Friday, 7pm to Sunday, 2pm \$75
Room & Board per day or \$150 for the Weekend**

The eternal question of "Who am I?" has been pondered and meditated upon throughout humanity's existence. Let's explore together and find the answer to this age-old question.



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Roseanne Italiano Levy has practiced meditation and self-inquiry since 1975. Roseanne has shared meditation techniques since 1984. Roseanne and Al are founding members of SEVA. www.drallenlevy.com

For more information and to register, contact Roseanne and Al at (203) 451-5558.



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**TO REGISTER AND PAY,
COPY THIS CODE AND PASTE IT INTO
YOUR BROWSER:
https://www.paypal.com/donate/?hosted_but_ton_id=QAPD9ZR5DBA4C**

All times are New York City time.

TO REGISTER BY MAIL, complete this form and mail it to Seva Foundation, 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.

www.sevafoundationny.org

Name _____

Phone _____

Alt. Phone _____

Email _____

Name & Date of Program _____

Amount Enclosed (check or money order) _____

Comments _____
