

2023 SEVA 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, 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 re-institutes 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.

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

Classes are continually added. Please check our website regularly.

www.sevafoundationny.org

FERMENTING MISO MADE EASY WITH MARGUERITE UHLMANN-BOWER, R.N.

May 20 ~ Saturday, 1:00–4:00PM ~ \$45 per person
At SEVA's Kitchen

Learning to make Miso is easy. No need to fear its complexities once you see its simplicities. We'll get to taste long-term Miso (dark & salty), short-term Miso (light & sweet), and healing Miso.

All will go home with short-term Miso ready in 2-6 months, recipes, and resources to continue on your own.

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.

To register, e-mail: sevaprograms@gmail.com.



To Register and Pay, use this code for all classes or use the link on page-4

PURSUIT OF HAPPINESS (ON ZOOM) WITH RENÉE BARCHITTA

May 30 ~ Tuesday, 6:30 - 8:00PM ~ \$10 per person On Zoom

Looking outside ourselves for happiness does not work for any length of time. A study of people who won the lottery reveals that six months later, the lottery winner is less happy than they had been before they won. The good news is that we already have everything we need to be happy. The class will experience individually the direction to take that will empower each person to be happy no matter what is going on around them. We will learn how to be prepared to handle any challenge.



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.

To register contact Renee at: 607-326-4169 or e-mail: sevaprograms@gmail.com.

INTRODUCTION TO BIRDING WORKSHOP
WITH **R. DIXON ONDERDONK**

June 3 ~ Saturday, 8^{am} – 11^{am} ~ \$20 ~ At SEVA

This workshop, cosponsored with the John Burroughs Natural History Society, will introduce various aspects of the ever-growing interest in birding. Once referred to as birdwatching, birding is an activity that is both challenging as a personal “sport” and a mode of grounding one’s spirit with nature. Activities will include: 1) A short presentation on the diversity of birds, birding equipment, resources, and tips. 2) A discussion of eBird and citizen science, including the 3rd New York State Breeding Bird Atlas. 3) Time spent in the field birding around the campus of the school. Six pairs of binoculars will be available to borrow care of the John Burroughs Natural History Society

R. Dixon Onderdonk is a retired High School Biology teacher living in Kingston, NY. He has had a passion for birds, especially raptors, since he was twelve years old. Upon retirement from Kingston High School, he became a very serious birder, and has explored many areas in the United States and abroad, including Tanzania, Egypt, Morocco, Iceland, Scotland, Germany, Switzerland, Ecuador and Costa Rica. Dixon is a trustee of the John Burroughs Natural History Society and board member of the Friends of Forsyth Nature Center in Kingston.



For registration please use this link:

[Seva Birding Class Registration Link](#)

HEALTHY BUDGET FRIENDLY FAMILY MEALS
WITH **RENÉE BARCHITTA**

June 11 ~ Sunday, 1:30–3:30^{pm} ~ \$20 per person
At SEVA's Kitchen

Experience a fresh new look at what to cook for your family which will support your food budget. Participants will learn simple, inexpensive, tasty, and nutritious tips and recipes on planning and shopping each week, based on your family’s likes and needs. This will eliminate the difficulty of deciding what to cook at the last minute after a day’s busy activities. The time saving of doubling recipes and the benefits and difficulties of bulk shopping will be discussed. Recipes will incorporate all eating preferences with choices and substitutions. Pasta and rice dishes will add variety to your menus. Learn how to make recipes that include easy, two ingredient, split-red lentil pancakes, bean patties, and loaves that the meat eaters in your family will love. Easy cornbread and polenta recipes will add to chili and soup recipes.



Renée Barchitta, BA, MPA, is an organic vegetable gardener in the Catskills, organic cook and baker specializing in gluten free baked goods and organic eating. Renee has served as an educator of the public in New York State for proper diet and nutrition.

To register contact Renee at: 607-326-4169

To register, email: sevaprograms@gmail.com

WHO AM I REALLY?

A WEEKEND OF EXPERIENCING YOUR TRUE SELF

June 9 - 11 ~ Friday 4pm - Sunday Noon ~ \$350
single room per person for 2 nights, \$310 per
person double occupancy for 2 nights; If you prefer
Saturday only - 9am - 5pm with lunch - \$108 per
person; Saturday extended with lunch & dinner - \$126
per person

At: Mercy by the Sea - Madison, Connecticut

Join us for a relaxing weekend of singing, chanting, deep introspection and meditation in a peaceful, comfortable, ocean front setting on the south shore of Connecticut. This will be a weekend in which everyone will have the opportunity to directly experience the true inner Self and the Love inside, our very nature. Come, join us for a relaxing weekend of self care and self discovery.



Al Levy, PhD, LCSW, is a certified transpersonal, modern psychoanalyst and psychotherapist in Westport, Connecticut. He specializes in the treatment of mental and emotional disorders of all forms. He has shared meditation techniques since 1974. Al is

internationally known for his work in stress reduction, deep relaxation, and meditation.

Roseanne Italiano Levy, B.A. has practiced meditation and self-inquiry since 1975. Roseanne has shared meditation techniques since 1977.

Roseanne and Al are part of the group of founders of SEVA. www.drallenlevy.com

For further information, please contact Roseanne or Al at: italianolevy@optonline.net or allevy2326@gmail.com

To register, email: sevaprograms@gmail.com

TIBETAN SINGING BOWLS WITH KEN LANGLIEB

June 17 ~ 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.

To register contact Ken at: www.langlieb.com or register, e-mail: sevaprograms@gmail.com.

RADICAL WILD CRAFTING WITH MARGUERITE UHLMANN-BOWER, R.N.

July 29 ~ Saturday, 1:00–4:00PM ~ \$40 per person

At SEVA

Join Marguerite at the SEVA Foundation for a not, very traditional plant walk. As a group we will take the co-creative road to discover plants and trees from a new perspective; in ways that help us navigate life with greater equanimity and holism. Handouts and resources will be provided.



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

To register, e-mail: sevaprograms@gmail.com

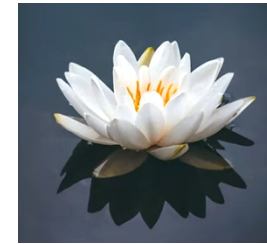
MEDITATION RETREAT: FINDING OUR REAL SELF with Roseanne and Al Levy

September 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.



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Roseanne and Al are part of the group of founders of SEVA. www.drallenlevy.com

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To register, e-mail: sevaprograms@gmail.com

**TCM: 5 ELEMENT TIAJI MEDICAL QIGONG
WITH KEN LANGLIEB**

**Aug 5 ~ 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 movement, breath, diet and emotional awareness. Qi, our life force, wants to flow freely. QiGong turns blocked energy into flowing energy.



Ken Langlieb, Ph.D. is a psychologist, naturalist, musician, and empath: He is naturally intuitive, senses energy, and has a love of everything 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

To register contact Ken at: www.langlieb.com or register by e-mail: sevaprograms@gmail.com.

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.

Name _____

Phone _____

Email _____

Name & Date of Program: _____

Amount Enclosed (check or money order): _____

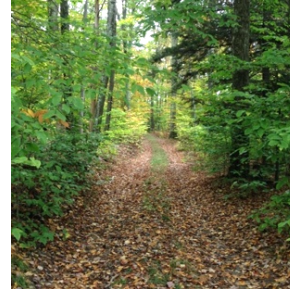
Comments _____

**INTRODUCTION TO CULTIVATING COGNITIVE
AWARENESS WITH NATURE
WITH MARGUERITE UHLMANN-BOWER, R.N.**

**August 6, 2023 ~ Sunday, 1 – 5 pm ~ \$40 ~ SEVA
Campus**

Join Marguerite in this introductory class where we go back to our roots to co-create our indigenous reality. A shift from the worldview of separation to one that unlocks ecological knowledge of the unity in all of us.

Learn skills to start understanding, plant and tree communication, how to sharpen intuitive awareness of the inner ecological world, Psychometry, and reading the sacred landscape. Together we will manifest greater awareness and living skills for a better future with our Mother Earth and Nature. Marguerite says, “We are cohorts with our vast living landscape. Until we accept that we are entangled with this living ‘view-shed,’ our egocentric disorder will continue to quicken the pace of this most unfortunate trajectory we’re on.” Join Marguerite for a profound experience of learning.



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For more information, email 3moonsisters@gmail.com or call 607-437-1218 To register by e-mail: sevaprograms@gmail.com

**JIN SHIN JYUTSU
WITH JED SCHWARTZ**

**Thursday, October 12 - 15, Sunday ~ \$1250
~ At SEVA Campus**

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.



Jed Schwartz is a Jin Shin Jyutsu® Master Teacher and Master Practitioner having personally studied, since 1988, with Mary Burmeister, American founder of Jin Shin Jyutsu®. Jed is a part of the group of founders of SEVA.

To register contact Jed at: sevaprograms@gmail.com

To register, unless noted otherwise, contact **Esther Tzoumas**, Curriculum Coordinator at **607-538-1130** or email: sevaprograms@gmail.com

**TO REGISTER AND PAY,
COPY THIS CODE AND PASTE IT INTO
YOUR BROWSER:**

[https://www.paypal.com/donate/?
hosted_button_id=QAPD9ZR5DBA4C](https://www.paypal.com/donate/?hosted_button_id=QAPD9ZR5DBA4C)

**Please register at least one week in advance for
all classes. To register in less than one week,
please call Esther: 607-538-1130 or e-mail
sevaprograms@gmail.com.**

All times are New York City time.