



SEVA Foundation
School of Environmental
and Vocational Arts

365 Seva Lane

S Kortright NY 13842

607-538-1130

Email: SevaPrograms@gmail.com

sevafoundationNY.org



INTRODUCTION TO BIRDING WORKSHOP

MAY 25th 8 a.m. -11 a.m.

This workshop, co-sponsored by the John Burroughs Natural History Society, will introduce various aspects of birding. Once referred to as birdwatching, birding is an activity that is as challenging as a personal “sport,” as well as 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 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 courtesy of the John Burroughs Natural History Society. If you have your own binoculars, bring them.

Register by May 18th, call Jed (845) 679-5177

Fee: Workshop by donation

Instructor: R. Dixon Onderdonck

Dixon 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 a board member of the Friends of Forsyth Nature Center in Kingston.





WEAVING ON A SMALL SCALE

May 25th 10:30 a.m.-12:30 a.m.

Want to learn how to weave? Create a small weaving on a 3x5 foot cardboard loom. Learn the weaving language and different weaving stitches, and have the pleasure of making and taking home your own creation. All supplies are included to complete your project. You can also bring some of your favorite yarn and beads, too.

CHINESE BRUSH PAINTING

May 25th, 2 p.m.-4 p.m.

Nature is the heart of Chinese Brush painting. It is intended to be a meditative and spontaneous art form, capturing the essence of an image or idea with very little attention to precise details.

Come and learn the basics of this meditative art form. Using the “Four Treasures”, the brush, ink stick, ink stone, and the paper, you will learn the techniques to create the “Four Gentleman”, the bamboo, orchid, plum, and chrysanthemum. Each “Gentleman” introduces a new stroke or idea and reinforces techniques already learned.

Fee: Each class is \$30. Register with a friend for \$25 each.

Sign up for both classes for \$50!

Register by May 18th

Call Barbara (845) 684-5061

Bring a vegetarian bagged lunch

Instructor for Weaving & Chinese Brush Painting:

Linda L Schultz

Linda is a lifelong art educator. She holds a Masters in Art Education from the State University of New York, a Certificate of Completion as an Expressive Arts Education Facilitator from Salve Regina University, and a Certificate of Completion from the Art Farm Gallery for Studies in Chinese Brush painting.

<http://www.lindaschultzfineart.com>

www.instagram.com/schultzartwork





STRUMMING FOR FUN GUITAR WORKSHOP

June 8, 10 a.m.-5 p.m.

Learn different strumming patterns for common key signatures, and how to play a song in any key. Gain an understanding of how chords are built from the notes in any scale and the ways different chords work together in a song. Hear about two different guitar apps to help you practice and play along with songs at home. Bring your guitar, capo, music stand if you have one, and a song you might like to work on.

Register by June 1st, call Barbara
(845) 684-5061

Fee: \$90.00

Bring a vegetarian bagged lunch

Instructor: Arthur Maniaci

Arthur has been playing guitar since he was in his teens. He primarily plays in church music groups and the occasional rock or blues combo. He is fluent in a six-string guitar, bass guitar, and harmonica



TCM: 5 ELEMENT TIAJI MEDICAL QIGONG

Saturday, June 1st, 2:30 – 5 pm

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.



Register by May 25th

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

Suggested donation: \$40

Instructor: Ken Langlieb, Ph.D.

Ken is a psychologist, musician,
and naturalist. He 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. Ken has a background in
Massage and Body-Centered
Psychotherapy



KIRTAN

July 21st, 7 - 9p.m.

Kirtan is call and response collective chanting and group singing that is uplifting and helps clear the mind. Together, through our voices and instrumental accompaniment, we create an atmosphere for universal singing and meditation.

Bring a vegetarian, bagged lunch

Fee by donation





Facilitator: Cynthia Marsh
A lifelong artist, muralist, and educator, Cynthia has exhibited her work in the New York area for over 20 years where she also painted many public murals. After moving to Colorado in 2010, she became a Forensic Artist, using her talents in service to others.



SACRED GEOMETRY

August 24th, 7 p.m. - 9 p.m.

Many teachings have described Sacred Geometry as the blueprint of creation, the genesis... the origin of all forms. It is believed that the ancients considered the experience of drawing Sacred Geometry essential to the education of the Soul. They knew that these patterns and codes were symbolic of our own inner realm, and were significant to higher consciousness and self-awareness. Sacred Geometry can activate, heal, awaken, and transform us. The symbols can be used to bring about deep awakening and connection to our true essence. In this class we will experience drawing Sacred Geometry ourselves. Join us in a powerful workshop as we open our hearts with this ancient practice connecting to our creative source and developing tools to shift energy while creating beautiful, geometric forms.



To register please email: cmarshstudio@gmail.com

Workshop: by Donation

Sacred Geometry Workbook 1 - \$20

Materials:

Sacred Geometry Supply Kit: \$45

Includes compass, pens, pencils, paper, ruler, and 'Sacred Geometry Workbook.

To purchase a Sacred Geometry Supply kit, please make payment no later than Aug 9 via Venmo: [@cynthia-marsh-8](https://venmo.com/cynthia-marsh-8) Paypal: cmarshstudio@gmail.com

If not purchasing the Sacred Geometry Supply Kit - Please bring a compass with a universal attachment which will allow you to use a pen or marker with your compass. You will also need paper, pencils, various markers, and gel pens. Colored gel pens on dark paper have a nice effect.

Register by contacting Cynthia cmarshstudio@gmail.com by August 9th

Instructor: Cynthia Marsh

A lifelong artist, muralist, and educator, Cynthia has exhibited her work in the New York area for over 20 years where she

also painted many public murals. After moving to Colorado in 2010, she became a Forensic Artist to use her talents in service to others. Cynthia has worked on cases for over a dozen law enforcement agencies and has been featured in several news stories about her work as a forensic artist. She has also presented at the Denver Museum of Art, The Denver Museum of Nature and Science, The Denver Botanic Gardens, Colorado University at Boulder, and at many Forensic Conferences and Law Enforcement Departments.



ANCIENT FIRE STARTING

September 2nd, 10 am - 5 pm

Fire by friction is an ancient, globally practiced art essential to Earth-centered lifestyles. With dedicated practice, it requires no modern tools. Students will learn how to harness fire for a host of applications using bow-drill kits they build from locally sourced materials. Opportunities to experiment with other methods of friction fire will also be available. Additionally, safe knife carving and hatchet use will be taught. All levels of experience are welcome.

Fee by donation

Bring a vegetarian, brown-bagged lunch

Register by Aug 29th

Instructor: Kealey Viglielmo
My lifelong love of nature has nurtured me along the path of conservation biologist and organic/permaculture gardener. Above all, I am a student of the Earth and Spirit, and I invite you to learn with me. Immense thanks to Tom Brown Jr. and his teacher, Stalking Wolf, for keeping these ancestral life-ways alive so that we may continue this ancient tradition.





TCM: 5 ELEMENT TIAJI MEDICAL QIGONG

Saturday, Oct 5th, 2:30 – 5 pm

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.

Register by September 28th

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

Suggested donation: \$40

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.

Fee: Single \$1275, Double \$1100

(Fee includes 9 sessions, room & board)

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

Instructor: Jed Schwartz

Jed Schwartz began studying Jin Shin Jyutsu in 1981 with Mary Burmeister, who brought this healing art from Japan to the United States. Jed joined the faculty of Jin Shin Jyutsu, Inc, Scottsdale Arizona in 1995. He has taught Jin Shin Jyutsu classes to thousands of students and practitioners throughout North and South America, Europe, the Middle East, and Asia. Jed maintains a full-time practice in New York City and Woodstock, NY.

