

Instructor Bios

Drawing in Nature

Instructor: Shawn Allen-Dela Rosa is a Teaching Artist and believes all people have an inherent desire to make something they care about, and that the motivation to do so can often be found in a supportive group setting. For over twenty-five years, she has created environments for learning that support a fundamental action of art, creating personal connections inspired by the people and places that surround us. Shawn has worked extensively in Art and Healthcare and taught classes for Michener Museum, The Delaware Valley Arts Institute, Grounds for Sculpture and Chandler Hall Health Services. Her work has been shown in several juried exhibitions, among them Phillips Mill Gallery in New Hope and the Fleisher Art Memorial in Philadelphia.

Mindful Portraits

Instructor: Katie Barnard Wong (she/her) is a teacher, conductor, and vocalist based in the Princeton, New Jersey area. She holds a Bachelors in Vocal Performance from New England Conservatory and a Masters in Vocal Performance and Pedagogy from Westminster Choir College. Her previous work experience includes serving as the Education Associate for Group Programming and the Manager of Visitor Services at the Lower East Side Tenement Museum in New York City. Her current work includes conducting a choir in Plainsboro, New Jersey, operating her own vocal studio in which she coaches professional keynote speakers, aspiring singers, and other vocal professionals on the inner workings of the human voice, and of course exploring and facilitating surprise and delight as an Educator with the Education department at Grounds for Sculpture.

Forest Bathing

Instructor: Sharon Lohse (she/her), RN, MSN, MBE, HTR, FT has been a nurse for over 50 years and is now practicing as a Certified Forest Therapy guide and Registered Horticultural Therapist leading forest therapy walks in New Jersey and Pennsylvania. She attended Loyola University of Chicago for an MSN in Mental Health and has a certification as a Nurse Practitioner. After moving to New Jersey from Chicago, she attended the University of Pennsylvania and achieved a master's degree in Bioethics. "I have always loved plants because of the joy I found in working with them and I have experienced the fact that working in nature promotes emotional, mental, and physical health and well-being in others."

Instructor: Patty Kleiner (she/her) is a certified forest therapy guide, as well as a naturalist with Bowman's Hill Wildflower Preserve. She has had a lifelong affinity for, and appreciation of, nature. Whether sitting in or under trees, hiking the Grand Canyon rim to rim, spending hours among the California Redwoods, walking through forests, wildflowers, or beside water, she feels at home outside. She is energized by sharing the healing properties of nature, and feels the benefits magnify the shared experience with others. Her hope is that the more people are exposed to nature, the more they will feel its value, and the desire and responsibility to protect the treasure it is.

Herbal Teas for Health

Instructor: Amanda Crooke (she/her) is the herbalist and owner of Locust Light Farm in NJ. She's worked with herbs as a farmer, a medicine-maker, herbalist, and magic-maker for eight years. She offers classes in person and online for all levels of experience and leads rituals and guided experiences for the seasonal holidays such as the Winter Solstice. Amanda is the "Herbal Pharmacy" teacher at David Winston's Herbalist Training Program and has a private clinical practice.

Horticulture Tour

Guides: Director of Horticulture Janis Napoli (she/her), Manager of Horticulture Cat Swiderski (she/her) and Horticulturist Jen Mothes (she/her)

Find Your Center with Mindfulness Meditation

Instructor: Patti McDougall, BSN, Integrative Therapy Nurse, Reiki Master/Teacher at RWJ Community Education.

Tai Chi

Instructors: Tony Jackson & Debra Grasso | Dao Concepts

Wellness Walk

Guides: GFS Volunteers

Yoga

Instructor: Michele Onion (she/her) of Authentic Yoga and Movement, as been a physical therapist for over 25 years, exploring the beauty and benefit of optimal movement and how to help people discover it for themselves. She has 500 hours of training through the LYT yoga method and is certified in Trauma Conscious Yoga.

Sound Bath

Instructor: Sarah Hummel (she/her) is the Founder + Curator of FORMATION. For the last 10 years, she has dedicated herself to learning healing modalities to bring relief, comfort, and ease to her clients, using a practical understanding of Anatomy + Physiology coupled with an empathic awareness of the body. Her work is firm + grounded with slow, long movements that follow the inner rhythms of the body for long-lasting relief from pain & stress.