



G R O U N D S F O R S C U L P T U R E

Garden Retreat 2026 Instructor Bios

Drawing in Nature

Shawn Allen-Dela Rosa (she/her) is a Teaching Artist who 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.

Creative Rest and Reset

Deziree Jordyn is a fine artist, educator, and founder of Dezire Higher Art & Wellness.

With training in Visual Arts, Early Childhood Development, and Mindfulness Practices, she explores creativity as a tool for emotional awareness, reflection, and human connection. Her studio work examines memory, tenderness, and the stories we carry, while her creative wellness programs offer inclusive, process-centered experiences for participants of all ages. She believes art does not need to be mastered—it simply needs to be experienced.

Forest Bathing

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 wellbeing in others."

Herbalism

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.



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Horticulture Tour Guides

Grounds For Sculpture's Director of Horticulture Janis Napoli (she/her),
Manager of Horticulture Cat Swiderski (she/her) and Horticulturist Jen Mothes (she/her).

Mediation

more details to come.

Sound Bath

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.