

## **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.

**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:** Patti McDougall (she/her), BSN, RN, CRS is an Integrative Therapies Nurse, certified in trauma informed body-based psychotherapy, RN Health Coach, Mindfulness Meditation instructor and a Reiki Master/Teacher. When she's not teaching, she loves to be outdoors among nature, reading under a pile of blankets, or creating something in the kitchen. She believes in the extraordinary healing power of the human spirit

**Sound Bath:** Nestled in the East Falls neighborhood of Philadelphia, Eunmi's Sound Healing & Yoga is a sanctuary for wellness, reflection, and restoration. The studio offers a thoughtfully curated range of practices — including yoga, sound baths, tai chi, breathwork, meditation, and barre — designed to support the body, calm the mind, and nourish the spirit. Whether in the studio or in nature-based settings, Eunmi creates grounded, welcoming spaces where participants can slow down, reconnect, and reset.

The studio is led by Eunmi Chang, a 500-hour Registered Yoga Teacher, 250-hour Certified Sound Healer, and educator with over 3,000 hours of teaching experience. She has facilitated more than 350 public sound healing meditations and workshops, collaborating with many esteemed institutions such as UPenn, the Franklin Institute, Fairmount Park Conservancy, Drexel University, and right here at the Grounds for Sculpture. Rooted in traditional Korean Buddhist yoga influences and informed by modern therapeutic practices, Eunmi work blends ancient wisdom with contemporary approaches, offering deeply immersive experiences that support relaxation, balance, and renewal.