

Summer at the Sangha 2023 *Register Today!*

Mondays - Wednesdays - Fridays, 11am-3pm

Weeks of July 9th, 16th, 23rd & 30th

During this 4-week summer program, teens and young adults with a range of abilities (in middle, high school, college and the workplace) are introduced to a sampling of hands-on, heart-centered nature and wellness workshops and activities across various topic areas and creative outlets. Games and team-building, too! Guided by our teachers, farmers, peer-mentors and community partners, participants come together for outdoor educational experiences, to enjoy camaraderie and minimize anxiety. Learn what diversity in nature has to teach through the exploration and discovery of plants, animals, land and water in our Long Island “learnscape”, connecting us as kin. Something for everyone! BYO lunch (water & snack available)

See Program Schedule!!

sanghacenter.org/schedule

516-870-3999



Located at Historic Malcolm House, 5 Old Jericho Turnpike, Jericho, NY on the Jericho Preserve



Program Schedule 2023

Week 1 -

MONDAY, 7/10 - AM: **POLLINATOR PATHWAYS** / PM: **NATURE'S PERSONALITY TYPES**

WEDNESDAY, 7/12 - AM: **FOREST BATHING** / PM: **SINGING BOWL SOUND HEALING**

FRIDAY, 7/14 - AM: **SEA TURTLE TOUCH & TALK** / PM: **WOOD-WORKING WONDERS**

Week 2 -

MONDAY, 7/17 - AM: **HISTORIC ARTIFACT METAL DETECTING** / PM: **TOTEM POLE PAINTING**

WEDNESDAY, 7/19 - AM: **NATURE'S LIFE CYCLE** / PM: **LIVE WORM HOUSE CREATION**

FRIDAY, 7/21 - AM: **ECO-PRINTING W/PLANT DYES** / PM: **GARDEN & LAUGHING YOGA**

Week 3 -

MONDAY, 7/24 - AM: **SOUND STORY SONG** / PM: **WIND TURBINE ENERGY CREATION**

WEDNESDAY, 7/26 - AM: **FOREST BATHING** / PM: **SCIENCE SCENTS EXPERIMENTS**

FRIDAY, 7/28 - AM: **MEDICINAL HERB WALK** / PM: **BOTANY ART DESIGNS**

Week 4 -

MONDAY, 7/31 - AM: **ASTRONOMY & COSMOLOGY** / PM: **LIVE ANIMAL EXPERIENCE**

WEDNESDAY, 8/2 - AM: **SINGING BOWL SOUND HEALING** / PM: **THE WATER CYCLE**

FRIDAY, 8/4 - AM: **BLUE BIRD HOUSES** / PM: **TOTEM POLE PAINTING**

All interactive workshops, activities, games and team-building take place at Malcolm House and in our Meadow Farm on the Jericho Preserve.

See Website For Details!

