

# SUMMER AT THE SANGHA 2025

# Register Today!

**Mondays, Wednesdays & Fridays, 11am - 3pm**

**Weeks of July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>**

During this 4-week summer general public program, teens and young adults with a range of abilities (in middle, high school, college and the workplace) are introduced to hands-on, heart-centered nature and wellness community classes across various subject areas such as history, science, creative arts, and music. 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). AC when indoors.



**REGISTER:** [sanghacenter.org/schedule](http://sanghacenter.org/schedule)

**QUESTIONS:** 516-870-3999

**Located at Historic Malcolm House  
5 Old Jericho Turnpike, Jericho, NY 11753**



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# 2025-SCHEDULE

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## WEEK 1 -

### Monday, 7/7:

AM – Nature-Inspired Watercolor Painting

PM – Sound Story Song

### Wednesday, 7/9:

AM – Indian Rangoli Art & Rakhi Friendship Bracelets

PM – Live Animal Experience

### Friday, 7/11:

AM – Indigenous Sounds & Nature Music

PM – Cajun Wooden Box Drum Making

## WEEK 2 -

### Monday, 7/14:

AM – Climate Change & Community Civics

PM – Meet the Minis for Horse Therapy Education

### Wednesday, 7/16:

AM - Medicine Wheel Herb Garden

PM - For the Love of Bees

### Friday, 7/18:

AM – Beach Glass & Flower Art - Vases & Votives

PM – Forest Bathing Meditative Nature Exploration

## WEEK 3 -

### Monday, 7/21:

AM – Audubon Birds of a Feather

PM – Pinecone Bird Feeders

### Wednesday, 7/23:

AM – Painting Cajun Wooden Box Drums

PM – Live Marine Life Touch Tank

### Friday, 7/25:

AM – Meadow Farm Medicine Wheel Garden Decoration Day

PM – Paint Dyeing with Magical Indigo Leaves

## WEEK 4 -

### Monday, 7/28:

AM – Soothing Nature - Milk & Honey Skin Care

PM – Singing Bowls & Sound Healing in Practice

### Wednesday, 7/30:

AM – Indigo Pigment Art Stenciling & Event Hosting

PM – Sangha Nature-Art Exhibition & Demonstration

### Friday, 8/1:

AM – Creative Mosaic Art - Garden Stepping Stones

PM – Nature Photography, Games & Activities

