



## Press Release

For: IMMEDIATE RELEASE

From: Mountain Spirit Institute, D.R. Richards, Executive Director

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PHOTO: (5) low-res embedded in press release, (1) Hi-Res attached.

Photo Caption: Cella and Miles Sherts with one of their daughters, host MSI board member Amanda Richards at a recent visit to Sky Meadow Retreat.

RE: Mountain Spirit Institute runs "Creating A Sustainable Lifestyle" Program in Northern Vermont



The 13 year-old non-profit Mountain Spirit Institute, based in Sunapee, NH, will be running a new program aimed at those interested in "Creating A Sustainable Lifestyle" The program which will focus on Organic Gardening, Conscious Communication and Green Living Skills will be taught by three experts in their respective fields on June 10-12, 2011 at Sky Meadow Retreat in the town of Stannard, on 120 acres of forest woodlands and working farmland in northern Vermont.

Says Mountain Spirit Institute director, Randy Richards, "Participants will explore, through hands-on learning, their personal impact on the earth and strengthen their connection to themselves and their community." He adds, "I'm very excited about this program because students will discover ways to integrate sustainability practices into a holistic lifestyle in a meaningful and simple way".



### **The Nuts & Bolts of Organic Gardening with Henry Homeyer**

**Homeyer** has been gardening organically for some 60 years, starting as a tad when he helped his grandfather in the garden.

Says Homeyer, my sessions will provide hands-on, practical information about being successful and sustainable in your own landscape, whether growing vegetables, flowers, a lawn or trees." Adds Homeyer, "The main emphasis will be on growing your own food, and learning how to store it for use all year round". Only organic techniques will be offered.



Homeyer is a UNH Extension Master Gardener, author of 4 gardening books and a weekly gardening column for newspapers in the Northeast for over 10 years, was the New Hampshire/Vermont associate editor for *People, Places and Plants* magazine, a commentator for Vermont Public Radio, and teaches a course in Sustainable Gardening at Granite State College.

## Personal & Environmental Sustainability with Jen White

White brings a purpose-driven, holistic approach to sustainability education. She has been an educator for over fifteen years in a wide variety of academic and community settings, and has a multidisciplinary background in physics, psychology, systems science, permaculture design, and sustainability.



Says White, “What is sustainability and what does it have to do with me? We hear the “s-word” a lot these days, but what does it really mean and what does it mean to you?”

In this interactive workshop students will explore the information, tools and motivation needed to live a satisfying and purpose-filled life that is respectful of the larger social and environmental contexts in which we all live. Participants will be asked, “What really matters most?” and “What does personal sustainability look and feel like to you?” The discussion is then broadened to envision the communities and future that will promote global environmental sustainability.

She served as the Executive Director of a national nonprofit called the Simplicity Forum, and was the Co-Founder and Director of Education for the Green Heart Institute which was created to help people "understand the global impact of their choices, connect with their values and live sustainably from the heart. White has a long history of dedicated volunteerism with community based organizations including being a founding member of the Rocky Mountain Earth Institute and Transition Town Lyons, both in Colorado. She is currently the Sustainability Coordinator and an Assistant Professor of Environmental Studies at Colby-Sawyer College, New London, NH, and is founder of Root Systems Institute.

## Healthy Communication Styles with Miles Sherts

Sherts founded Sky Meadow Retreat, site of this program, in 1999 as a holistic learning center, organic homestead, and conscious community. He is the author of

### **Conscious Communication**

*How to Establish Healthy Relationships and Resolve Conflict Peacefully while Maintaining Independence*

Published in 2010



Says Sherts, “This workshop will teach an essential skill for maintaining clear and healthy relationships called Supportive Listening.” Participants will learn how to listen to another person without judgment and offer support in the form of empathy, as well as skills for facilitating another person in solving problems. Adds Sherts, “This is an experiential workshop and each skill will be explained, demonstrated, and practiced in a safe setting with active coaching.” There will also be time for optional meditation and yoga before breakfast.

MSI Founder, Richards states that he is “excited about this program because there is a real need in today’s complicated world to integrate sustainable living within our everyday lives.” He adds, “We’ve got some expert facilitators for this educational and fun weekend in a relaxing, inspiring and beautiful setting.” The weekend program is limited to 14 people, and includes: 3 organic vegetarian meals per day, all workshops, and sleeping accommodations in modern shared lodging. Tuition for the program is \$365 (Early Bird special until May 12<sup>th</sup>) and \$385.00 thereafter.

Those interested in the program can contact Mountain Spirit Institute and Richards at 603-763-2668; [info@mtnspirit.org](mailto:info@mtnspirit.org) or [www.mtnspirit.org](http://www.mtnspirit.org)