



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

## GARDEN RETREAT 2025 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.

**Mindful Doodling:** Jason Norton (he/him), born 1980 in Trenton, NJ is a self-taught abstract artist and Veteran who has been showing his work since 2015. He currently lives in the central New Jersey area. His work includes many mediums but is not limited to painting, sculpture, print making, assemblage, photography, creative writing. Jason's process includes incorporating found objects into his paintings which applies a 3-dimensional aspect. Jason embarked on a 3-year apprenticeship opportunity in 2014 learning the dynamics of bronze casting from professional Grounds for Sculpture artist Bruce Lindsay. Here Jason was introduced to a new medium while exploring new esthetics to his work. His process involves arousing past emotional experiences and feelings from the subconscious mind with a particular form of stimulation. This is what Jason calls his "Artist Capital."

Since 2015, Jason has exhibited his works in various galleries and juried shows. His first solo exhibition took place in 2017 at *Druch Gallery* in Trenton, NJ. In addition to this his works have been selected to the premiere museum juried exhibit at Ellarslie Open in 2016, 2018. Other juried exhibitions include *Metro 31*



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Newark, NJ, *B. Bedminster Gallery* Highland Park, NJ, *Center for the Arts Bristol*, PA, *BSB Gallery* Trenton, NJ, *A Space on Main* Cranberry, NJ, Mercer County Community College *The Gallery* juried Artist Exhibition, 1978 *Maplewood Arts Center* Maplewood, NJ, *Novado Lofts* Jersey City, NJ, *Integral Sculpture Works* Trenton, NJ. In addition to the juried exhibitions Jason has been part of many group exhibitions such as JCAST Jersey City Art & Studio tour Lackawanna Center, and Flagship Gallery, Art All Day, Trenton, NJ. Off the Wall WWAC West Windsor arts Council. His most significant recent achievement is taking part in the production of *Cast & Place* 2018 which won a competition run by FIGMENT the emerging new architects committee for the City of Dreams Pavilion on Governor's Island in NY. Most recent 2024 exhibitions include *NY Emerge Gallery/Artsy* online ABSTRACTED exhibition, Brooklyn, NY based gallery *Decagon* Found Objects exhibition. Jason is also currently assisting teaching a Veteran's art workshop at Perkins Art Center Moorestown, NJ.

Jason's works are part of numerous private collections in the Tri-State region and stretching as far south to Virginia, Florida.

**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 well-being in others."

**Herbal Teas for Health:** 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



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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).

**Mala Mediation:** Nicoli Sinclair (she/her) began her yoga practice her meditation and yoga asana practice in 2011. After a few years of practicing, in 2013 while living in NYC, Nicoli became an RYT-200 by Three Sisters Yoga and returned there the following year to complete her advanced teacher training and earning her RYT-500. During advanced training, Nicoli became passionate about Jnana Yoga, the teachings of Swami Vivekananda, the teachings of the Upanishads, and other ancient text which she studied to deepen and strengthen her spiritual practice and help others overcome challenges in life by applying ancient yoga teachings to modern day situations.

**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.