

Craft Your Own Life Intensive

at Seeds of Solidarity Farm and Education Center, Orange MA

Survive and Thrive! Gain skills for a resilient life in a peaceful, inspiring setting

(Application info below, filled on a rolling basis, group size limited so do not delay)

Friday, June 5th to Sunday, June 7th for young adults ages 20 to 24

(in college or working, or just post college. Program hours 9-5 each day, hearty lunch included, camping on-site available).

During *Craft Your Own Life* you will: learn to **grow food** and **cook to eat well** (and economically); **Use tools and build** (boost confidence, use your hands); Be **creative**; Reconnect with (or seek) **your true nature**--learn techniques to unwind (sitting & walking meditation, yoga); **Clear your head** (of intoxicants and technology); Communicate about **topics of interest** (emotional & spiritual wellbeing, relationships, social justice & environmental issues, activism, your future); Experience **time, space, and support** to contemplate your **ideas and life vision** in order to stay engaged in disruptive times, and live your life with **joy and meaning**.

We are seeking mature young people who will bring an open mind, enthusiasm, respect, and commitment to this special internship opportunity. Thanks to funding from Greenfield Farmer's Cooperative Exchange and the Opioid Task Force, scholarships are available to reduce the actual price of \$300 to a sliding scale of \$50 to \$300.

No one will be turned away for inability to contribute financially.

To Apply: Please email deb@seedsofsolidarity.org a letter of interest (no more than one page) with your name and contact info, and responses to the following questions:

- *What intrigues you most about the Craft Your Own Life intensive?*
- *What experiences or interests do you have that you feel will benefit the group?*
- *Do you have a current goal or future aspiration that might be nourished through this experience?*
- *And, anything else you would like to share about who you are, or questions that you have at this time about the intensive, logistics, or sliding scale payment.*

Group size will be limited to 12

and filled on a rolling basis, so apply sooner than later.

You must be able to commit to the duration of the internship to apply.

Contact deb@seedsofsolidarity.org or 978-544-7564 with any questions.

Seeds of Solidarity Education Center (seedsofsolidarity.org) is a non-profit organization founded by Ricky Baruc and Deb Habib, who will facilitate this internship with Jac Strauss, plus other guest presenters.

Seeds of Solidarity was begun after Ricky and Deb walked from Auschwitz to Hiroshima with an international Buddhist order. Farmers and visionaries, they took the leap to create a bountiful oasis on barren land, initiate a non-profit organization that teaches toddlers, teens, those incarcerated and thousands of others to Grow Food Everywhere, and started a garlic and arts festival with their neighbors that attracts 10,000 people (and produces only 3 bags of trash!). The vision and energy of the facilitators and group is bound to inspire yours!