

A Goethean Safari – in Kenya

Patterns of Nature in East Africa: A Holistic View

August 6 to 20, 2017

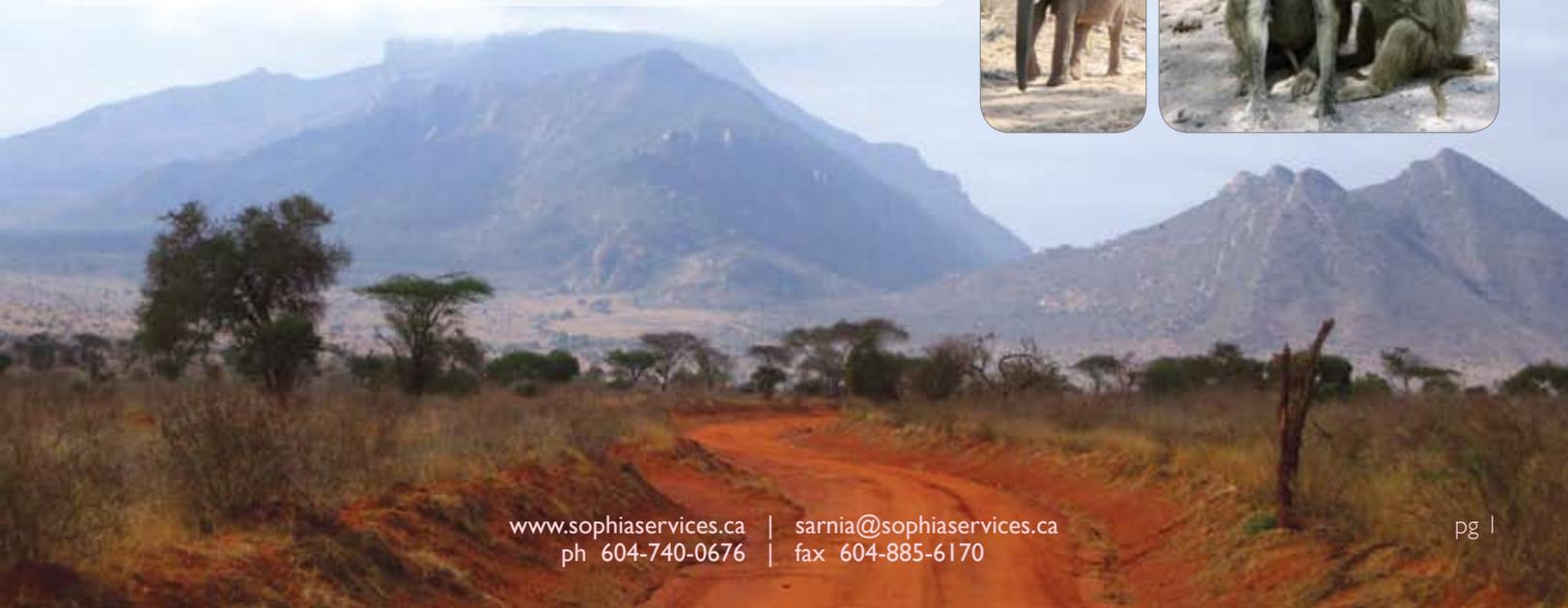
*with Mark Riegner, Anthony Mwaura
and Sarnia Guiton*

Join Prescott College environmental studies professor and ecologist Mark Riegner, Ph.D., local naturalist, safari manager and guide Anthony Mwaura, and group leader Sarnia Guiton, on a 15-day Safari in Kenya.

This is an exciting opportunity to not only experience wildlife on safari in the East African environment but also to study it in depth.

We will be focusing on the study of form, structure, pattern and ecology, especially of mammals, birds and plants, applying methods developed by Goethe, the great poet and scientist. This will include practicing the skill of observing nature carefully by using clear description, discussion, sketching and other artistic activities, daily reviews, and seeking patterns of relationships among the many natural history observations we make.

We will try to imagine, and even emulate, how Goethe would have experienced nature in East Africa. This trip will be especially valuable to Waldorf teachers and anyone who has an interest in holistic science.



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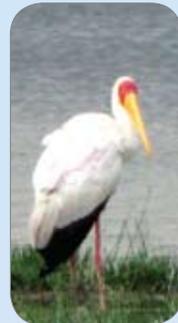
In preparation, and during the trip, we will read and discuss articles and book excerpts on doing Goethean science—specifically plant metamorphosis, form and pattern in mammals, and bird form and color pattern.

Mark Riegner teaches, among other things, ecology field courses in Mexico and Costa Rica, and has travelled extensively through the landscapes of Central and South America. Inspired by Wolfgang Schad's work on mammals, Mark's research explores form and pattern in animals as well as the philosophical basis and practical application of Goethe's way of science.

Anthony Mwaura is a local naturalist, safari manager and guide who has made a name in professional guiding in Kenya. He has traveled far and wide locally and internationally attending workshops and conferences, and has lectured on Kenyan cultural and environmental heritage which is so diverse. Anthony will co-lead this exciting nature tour. www.prestigeholidayskenya.com.

Sarnia Guiton has organized and led anthroposophical tours in Europe and the Middle East for many years. After visiting Kenya with friends, her wish to know more, to go deeper and her enthusiasm for the land, wildlife and people, prompted her to arrange this safari.

For full itinerary and further information please contact Sarnia Guiton 604-740-0676 sarnia@sophiaservices.ca



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(B = Breakfast FB = Full Board)

- Sat. Aug 6** arrive Nairobi – stay at Sarova Panafric Hotel (or alternate) – 2 nights – B only – L D not included
- Sun. Aug 7** Nairobi – Sheldrick's Elephant Orphanage – Giraffe Centre – Bomas of Kenya for traditional song and dance
- Mon. Aug 8** morning drive to Tsavo West National Park – afternoon game drive – stay at Serena Kilaguni Lodge – 2 nights – FB
- Tue. Aug 9** morning & afternoon game drives in park – visit Mzima Springs
- Wed. Aug 10** morning drive to Amboseli National Park – afternoon game drive – stay at Sentrim Amboseli Safari Camp – 2 nights – FB
- Thu. Aug 11** full day game drive in park with picnic lunch – return to lodge – visit Masai village
- Fri. Aug 12** drive to Mt. Kenya National Park – lunch en route – evening wildlife viewing – stay at Aberdare Country Club – 1 night – FB
- Sat. Aug 13** morning drive to Samburu National Reserve – afternoon game drive – stay at Sentrim Samburu Safari Camp – 2 nights – FB
- Sun. Aug 14** game drives on reserve



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- Mon. Aug 15** morning drive to Ol Pejeta Conservancy – afternoon game drive – stay at Sportsman's Arms Hotel in Nanyuki near Mt Kenya – 1 night – FB
- Tue. Aug 16** morning drive to Lake Nakuru National Park – afternoon game drive – stay at Flamingo Hill Camp – 1 night – FB
- Wed. Aug 17** morning drive to Masai Mara National Reserve for lunch – afternoon game drive – stay at Sentrim Mara Safari Camp – FB – 3 nights
- Thu. Aug 18** game drives on reserve
- Fri. Aug 19** game drives on reserve
- Sat. Aug 20** leave for Nairobi – game drive en route – shopping opportunity – evening depart Jomo Kenyatta airport or overnight at Sarova Panafric Hotel (or alternate) – B (not included)

Accommodation will be in tented safari camps, one lodge and hotels in Nairobi and Nanyuki.

Cost: per person in triple room US \$5160 – double room US \$5600 – single room US \$6050 (subject to currency fluctuations and Kenyan government new rulings).

A minimum of 13 participants is needed.

Deadline for booking and payment of \$1100 deposit – Feb 28, 2017

Included – all accommodation, transport, admissions, park fees, tips and airport transfers within Kenya. Breakfast, lunch and dinner on safari; breakfast only in Nairobi. (B = Breakfast | FB = Full Board)

Not included – flights to and from Kenya, lunch and dinner in Nairobi, beverages at all locations.

Contact: Sarnia Guiton at sarnia@sophiaservices.ca
or 604-740-0676 www.sophiaservices.ca

