

Sophia Services presents ...

A Kenyan Eco-Safari ... through Goethe's Eyes

Patterns of Nature in East Africa: A Holistic View

August 4 to 20, 2016

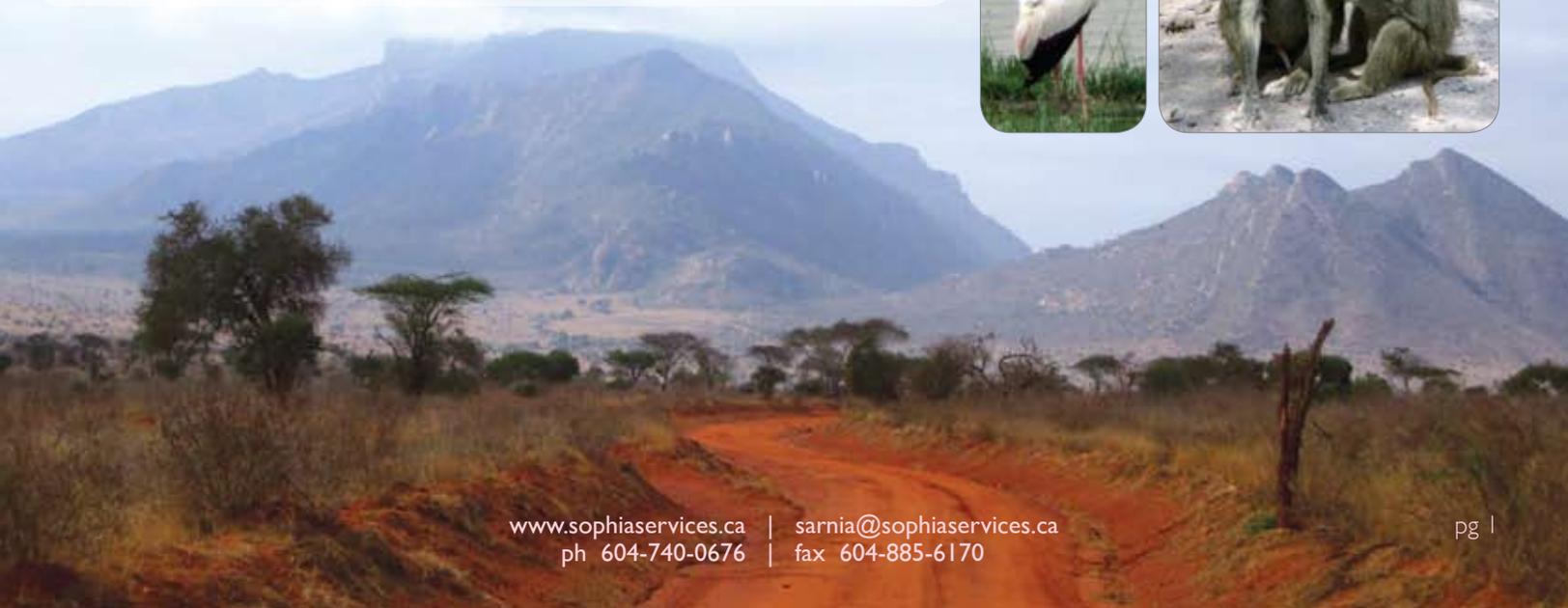
with Mark Riegner, Anthony Mwaura
and Sarnia Guiton

Join Prescott College environmental studies professor and naturalist Mark Riegner, Ph.D., local naturalist, safari manager and guide Anthony Mwaura, and group leader Sarnia Guiton, on a 16-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, 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 practicing Goethean science—specifically plant metamorphosis, form and pattern in mammals, and bird form and color pattern.

While in Kenya we will also visit the National Museum, Karen Blixer's home, Joy Adamson's home & museum and Bomas of Kenya for music and dance.

Mark Riegner teaches, among other things, ecology field courses in Mexico and Costa Rica, and a course called *Form and Pattern in Nature*. 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 organised 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

