



## *A Venture into the Interior*

- a journey into inner and outer landscapes of Southern Africa



School of Nature – Africa Group  
An affiliation of the School Of Nature, Norway

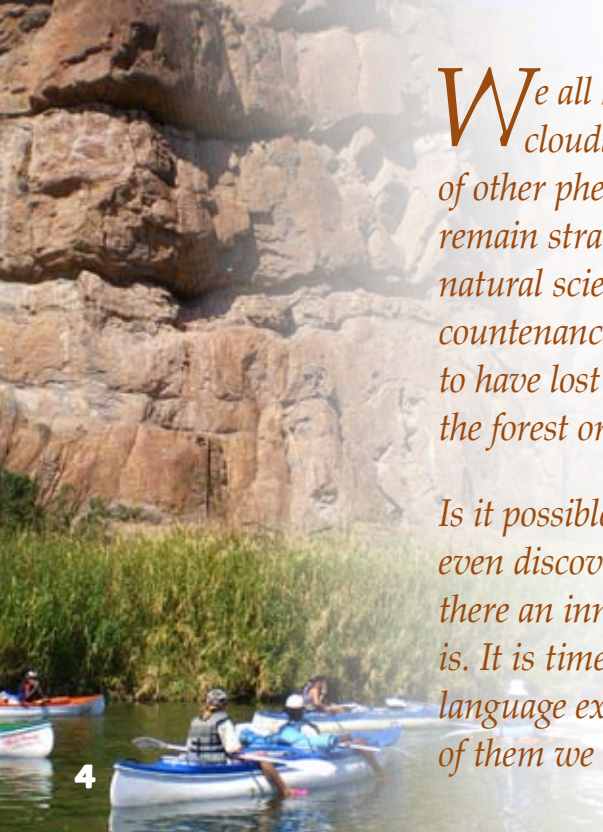
*A journey into inner and outer landscapes of Southern Africa*

## The School of Nature

“And I have felt  
A presence that disturbs me with the joy  
Of elevated thoughts; a sense sublime  
Of something far more deeply interfused,  
Whose dwelling is the light of setting suns,  
And the round ocean, and the living air,  
And the blue sky, and in the mind of man...”

William Wordsworth





*We all know this “something” – it’s deeply interfused in the shapes of clouds, qualities of light, atmospheres of landscapes and any number of other phenomena, which, although they might send us into raptures, remain strangely mute. It is one of the great paradoxes of the age of natural science that it has exiled us from nature. We are captivated by her countenance with its many moods and beautiful features, but she seems to have lost her tongue. Still, we keep on taking to the hills or the beach, the forest or the moor, hoping she might speak to us.*

*Is it possible to convert this hope into something more concrete and perhaps even discover what this “something” has to do with “the mind of man”? Is there an inner landscape that corresponds to the outer one? We believe there is. It is time to return from exile and re-learn the Language of Nature. This language exists in a host of narrative forms, called landscapes, and the more of them we experience, the deeper will be our knowledge of the language.*

*We hope to re-acquaint you with the language of nature by giving you intense experience of **Three Different Landscapes of Southern Africa.***

*The story of the mineral kingdom is different to that of the animal kingdom, and that of the plants is correspondingly different to both of them. We will lead you into an experience of the*

***Orange River** (mineral),*

***The Kalahari** (animal) and*

***The Cape Floral Kingdom** (plant).*

*All three landscapes are sublime in their own right, but in combination they have the potential to speak very profoundly to you. If this happens - and it will be our aim to make it happen – a vague “something” will have been replaced by a concrete richness with both inner and outer dimensions.*

# Mineral World

## *The Orange River*

*A 5-day canoe trip through  
the Richtersveld – the mineral  
kingdom at its most intense*

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Explorations into the realms of earth and water



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# Animal World

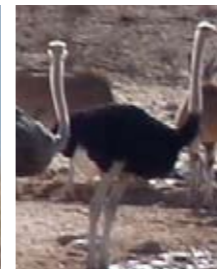
## *The Kgalagadi Transfrontier Park – Kalahari Desert*

*A 5-day retreat in an unfenced  
camp – far away from everything,  
except the rich animal life*

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Storytelling around an open fire under the stars



# Plant World

## *Cape Floral Kingdom*

*Meet the splendour and unique diversity of the Cape plant world in the spring*



Integrating artistic and scientific activities in the process



*We will integrate artistic and scientific activities and a cultural activity common throughout Africa – that of storytelling. Stories will be based upon the experiences of the day and shared in the evenings around an open fire. Participants will also be invited to take times of solitude in the landscape. On this journey we will be following in the footsteps of the San Bushmen, encountering aspects of their rich heritage...*

**Dates:** 29 August - 18 September 2010

**Duration:** 21 days

**Fee:** 28000 ZAR (excluding flight costs)

**Deposit:** 7500 ZAR (to secure booking)

**Early-bird Discount :** 25,200ZAR (10% off) if booking made and deposit paid by 15th October, 2009

**SPACE IS LIMITED – MAXIMUM 16 PARTICIPANTS**

**Contact persons:**

Application forms & Fee payment – Lizelle O’Callaghan

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**Further Information -**

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Organised by the School of Nature – Africa Group.

An affiliation of the School of Nature – based in Oslo, Norway and the Goetheanum in Dornach, Switzerland.

## Our Team



**Karen Goldberg** - Honours degree in Botany, Terrestrial and Freshwater Ecology. Psychophonetics practitioner (Psychophonetics is a method of self-development, life coaching, counselling, consultancy and psychotherapy based on Rudolf Steiner's Psychosophy). Extensive wilderness leadership experience, including wilderness instructor on therapeutic teenage intervention programmes, facilitating personal development courses in the wilderness. Founder and director of Kaia Africa – an organization dedicated to inner and outer journeys of various forms.



**Michael Grimley** - Masters Degree in Art, Art Education and Aesthetics, Waldorf upper school teacher and teacher trainer, Coordinator of the Pedagogical Section in South Africa and member of the Hague Circle, executive member of the Anthroposophical Society in South Africa, former secretary of the Anthroposophical Society in the Western Cape, chairman of the Bio-dynamic Farming Trust in South Africa. Recent initiatives include 'At the Foot of the World' conferences, 'Inner Schooling' courses, and the Class 11 Parzival Journey for the Constantia Waldorf School. Research areas – African History, San-Bushman Rock Art, esoteric streams in Africa.

**Ronnie Muhl** – Adventurer, author, athlete and professional speaker, who speaks both locally and internationally on the subject of "Finding your own Everest." In 2007, Ronnie led the first successful South African expedition to the north side of Mt. Everest and in so doing became the seventh South African to summit the mountain via the North-east Ridge. He has organised day walks, week long treks and two month Himalayan expeditions and has an in depth knowledge of planning, preparation and logistics. In addition, he is skilled in facilitating, guiding and leading groups of people in the remotest parts of the world.



**Norman Skillen** teaches drama and literature, with some geography, biology and music in a Waldorf upper school in Cape Town. He trained as a Waldorf teacher in Germany - and worked as a teacher trainer at the Witten Annen Seminar for Waldorf Education. He has an honours degree in Ecology, is interested in the relationship between landscape and imagination, and has been a student of Goetheanism for many years. He has translated two books of essays by J. Bockemuehl and A. Suchantke, one being "Eco-Geography" published by Lindisfarne. His latest project is Suchantke's book "Metamorphosis", which will appear shortly. His articles have appeared in various journals in Cape Town, Germany and England, and he is regularly in demand as a lecturer. He is also a storyteller, clown and Irish folk singer.



**Credits:**

Photography - Marcos Solis-Peralta (except Orange River photos)

- Karen Goldberg (page 3 &12)

Design - Cecilia Solis-Peralta