

# Circling into Wholeness at the Summer Solstice: A Mandala Sun Catcher Retreat

June 27-28, 2014



*Do you long to ignite your spiritual center and radiate that Light into the world?*

*Creating a mandala allows you to make an outer representation of the inner wholeness that is your spiritual birthright.*

The mandala is a circular form that can be seen as a map of the entire cosmos; it provides a tool for meditation helping us find our place within the greater whole. The mandala form can also be utilized to explore our inner psyches and serve as a guide to our individual spiritual journeys.

Celebrate the peak of summer light by expressing your own inner light in the form of a personal mandala sun catcher on stretched silk fabric.

Join **Peg and Mike Toliver** in this experiential workshop where participants will explore many examples of mandalas from the perspective of art, science and spirituality. From rose windows and sacred Tibetan sand paintings to the webs of orb weaver spiders and the shapes of planets and galaxies, mandalas surround us and reflect the geometry of inner/outer balance. During your weekend stay, spend time exploring nature on your own or with guided walks with **biologist and natural historian Mike Toliver**. Deepen your insight into the cycles of your spiritual life in periods of seated and walking meditation. Explore your creative side, guided by **textile artist, Peg Toliver**, in hands-on art making to create your own mandala using transparent silk hoops and colorful markers. Sample circular templates will be available for mandala design, or you are encouraged to work free hand to create your own colorful mandala imagery. Guidelines for symbolic color choice will be shared and you will learn journaling techniques to gain insight into the shapes and forms you chose.

**Workshop Cost:** \$70 (includes art materials fee)(no art experience required)

**Shared Cabin:** \$55 per person; **Private Cabin:** \$65; **Commuter:** \$25

**Date/Time:** Friday, 6/27, 7-8:30pm and Saturday, 6/28, 8:45am – 6pm

**Registration:** Call 918/245-2734 or email [osageforest@gmail.com](mailto:osageforest@gmail.com)

**Deposit:** \$15 non-refundable deposit required. To use Paypal, go to [www.forestofpeace.org](http://www.forestofpeace.org) and scroll to the bottom of the home page for the link.



**Setting:** The **Osage Forest of Peace** offers a perfect site for exploration of this deeply spiritual circular symbol. Indoors, we will practice walking or seated meditation in the inspiring circular chapel. Outdoors we can mindfully walk the winding lanes of the circular labyrinth or rake the gravel in the circular Zen garden, observing how we can be grounded in the very center of our beings, in tune with seasonal cycles, renewed and able to share our inner light.

**Schedule:** For details, visit our Web site at <http://www.forestofpeace.org>

### **Workshop Leader Bios**

**Mike Toliver** is Professor of Biology at Eureka College where he has taught biology, zoology, botany, ecology and evolution courses, taking students out to do field studies for over 30 years. He spent his summers in the Tulsa area with his grandparents, fishing and exploring nature. An ardent pursuer of butterflies since childhood, he is on the executive board of the Lepidopterists' Society (<http://www.lepsoc.org/>), a past editor of the Journal of the Lepidopterists' Society, and the online journal Zootaxa (<http://www.mapress.com/zootaxa/>). Even during his service as a U.S. Marine in Viet Nam, Mike collected & studied butterflies and encouraged his platoon members to learn about Southeast Asian natural history. Mike studied both biology and English as an undergraduate at the University of New Mexico, and received his PhD in Entomology at the University of Illinois.

**Peg Toliver** is an artist and certified yoga instructor (E-RYT) who fell in love with Osage Forest of Peace during a month-long retreat. With an academic grounding in art, philosophy, psychology and expressive therapy, Peg has led personal growth workshops utilizing art and mindfulness techniques in diverse settings including schools, nature centers, wellness programs, art galleries and social service agencies. She served on the faculty of Eureka College for 10 years as a lecturer in art history and director of art therapy studies and has taught gentle yoga classes for the past 7 years. Peg exhibits her nature photography and silk textiles in regional fine art fairs and galleries and is the author/designer of two nature-focused books, *Stella's Path: A Reflective Approach to Nature* and *A Natural Sense of Place: A Photographer's Journey Home*. [www.pegtoliver.com](http://www.pegtoliver.com)

