

Tasmania Dharma Yatra

Tasman Peninsula

Friday, 23 February - Sunday, 4 March 2018



Shipstern Bluff

Our Journey

Yatra is the Sanskrit word for pilgrimage. A yatra is a unique journey providing a special environment to engage with and enquire deeply into the potential of 'human awakening'. It offers an integrative experience, combining physical, emotional, intellectual and spiritual exploration in a secular environment. Being primarily based in the Buddhist tradition we also respect and draw from the wealth of many other traditions. Apart from the walking time there will be daily periods for sitting meditation, a basic yoga practice, meetings in small discussion groups, dharma talks and personal time to socialise or be with nature.

On this years journey we will return to the Tasman Peninsula, 75km southeast of Hobart. Following old country roads, NP walking tracks and sandy beaches our route will lead us through a mix of eucalyptus forest, coastal bushland, rural farmland and pockets of wet rainforest.

Some of the many highlights along our journey include the spectacular coastal scenery of the Tasman NP (western section), Clark Cliffs, White Beach, Shipstern Bluff and Tunnel Bay.

The Tasman Peninsula is also home to an exquisite variety of plant and wildlife including Wedge-tailed eagles, hawks, Bennetts wallabies, wombats, echidnas, Tasmanian devils and seals.

The daily walking distance varies with the longest walk being up to 15km and the shortest about 6km. Some sections will lead through remote and rocky terrain requiring at least a medium level of fitness. The Yatra is an all weather event. The weather in the area could vary between hot and dry days to continuous days of heavy rain or wind.

An accompanying support team will take care of meals and luggage. Accommodation will be in our personal tents. The Yatra is based on active participation. The support team will need help with food preparation, washing up and setting-up/packing-down the camp sites. People who need a break from walking will have the option to get a ride with the support crew.

Facilitation

Jess Huon has been engaging in meditative and embodiment practices since she was seventeen years old in Asia, Australia, Spain, and the USA. She has trained in traditional Buddhist monastic settings, in inter-faith contexts of meditative inquiry, and also within long periods of solitary forest practice. Holding a bachelor of Creative Arts, (VCA), and a post grad in the therapeutic arts practice, (RMIT), Jess brings traditional teaching alive in a fresh, accessible, and transformative manner. A natural orator, her talks have been described as “street language for the soul.” Whilst deeply informed but not bound by tradition, her style is grounded in contemporary life. Jess teaches retreats and offers public talks in Australia and overseas. When based in Melbourne she writes and co-directs with *rollercoaster* theatre company, a company of actors with intellectual disabilities. She teaches regularly with the Melbourne Insight Group (www.jesshuon.com).

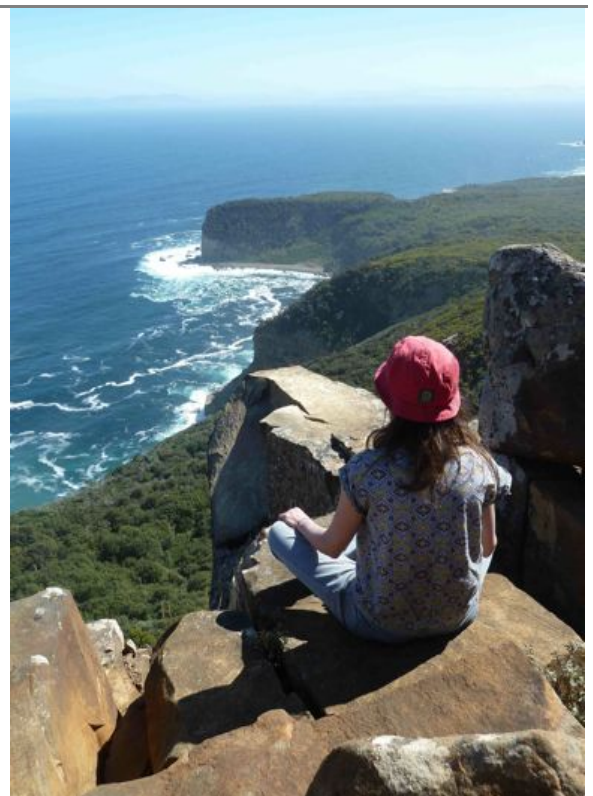
Ronny Hickel has studied, practiced and taught in various traditions of yoga, and buddhist dharma for the last 25 years. He is a yoga and taichi instructor, a qualified outdoor recreation guide and has trained in Hakomi Psychotherapy. Originally from Austria, Ronny moved to Australia in 2000 after living in India and South East Asia for numerous years. His approach is shaped by his love and passion for the wilderness, nature connection, deep ecology and the rich spiritual traditions of the world including tribal traditions and modern science. He now resides with his family on a rural property in the Tweed Caldera where he works in personal development and outdoor recreation, facilitating meditation, yoga and tai-chi classes, nature reconnection retreats, MenAware gatherings and yatras.

The yatra will be conducted under the shelter of the Five Ethical Precepts, which create a safe, caring and conscious environment for spiritual practice. On the walk the precepts invite us to restrain from harmful speech and actions, sexual expression and intoxicants. The walking periods will be in silence. The meditation instructions are mainly based on the Buddhist meditation traditions, the yoga exercises are suitable for beginners and are designed to support our physical condition and our meditation practice on the yatra.

What to bring?

- ✓ tent
- ✓ warm sleeping bag (minus degrees comfort rating)
- ✓ camping mat
- ✓ sun hat, beanie and rain coat, rain pants
- ✓ appropriate clothing for hot, very cold and wet weather incl. thermal underwear (be prepared for rain or even snow)
- ✓ walked in hiking shoes
- ✓ daypack
- ✓ water bottle(s) for 2 litres
- ✓ cup, bowl, plate, cutlery
- ✓ lunch box
- ✓ sun screen, insect repellent, blister plasters
- ✓ torch and spare batteries
- ✓ toiletries, towel, swim wear
- ✓ any personal medication or supplements if required

Pack lightly and tightly – Your luggage is handled daily by the support crew and transported to each new camp site. Please keep your luggage confined



How to get there?

The Yatra will start on Friday, 23rd February 2018, 4pm at Shelly Beach near Koonya.

A yatra bus will leave from Mures Car park, Hobart CBD at 1:45pm and from Hobart Airport at 2:45pm.

If you fly in on the day please arrange your flights to arrive before 2:30pm.

For self drivers it is important to arrive at the Shelly Beach by 4:30pm to settle into camp. Shelly Beach near Koonya is 1hr40min drive from Hobart CBD, along the Arthur Highway (A9) and Nubeena Road (B37).

Dinner will be served at 6pm. The yatra program will start around 7pm.

The Yatra will end on Sunday, 4th March 2018 at Raoul Bay Retreat around 11am.

We will provide a bus service back to the airport by 1pm and Hobart CBD by 2pm. If you flying out that day please arrange your flights to leave after 2pm.



Clarks Cliffs

Yatra cost

Cost: \$690 plus dana

The base fee covers all meals and catering, hiring of support vehicles, fees, travel cost for facilitators, administration fee, YBC membership and any other yatra expenses. The base fee does not include any payment for the facilitators.

Dana: Following an old Buddhist tradition the facilitators on this Yatra do not charge any payment for their teachings. At the end of the Yatra there will be a dana-box and contributions for the facilitators and organisers will be gratefully received. Dana supports the livelihood of individual teachers, fosters a path of generosity and enables future events of this kind.

How to book?

1. Fill out and submit the online registration form – [CLICK HERE!](#)

2. Secure your place by making full payment.

Account Name: Yatra Bushwalking Club Inc

BSB: 062580

Account Nr: 10270467

Please state 'TY18' and 'YOUR NAME' in the reference box.

3. You will receive a confirmation letter with further information by email to confirm your booking. Your place will be allocated only after we have received your completed registration forms and full payment. Please do not make any travel arrangements before your place on the yatra has been confirmed.

Please be aware that places are limited and that the yatra might book out quickly.

Cancellation:

Cancellations before the 1st February 2018 will receive a full refund minus a \$50 administration fee. Please inform us early if you need to cancel so that you can receive your payment back and your place can be offered to someone else.



For more information please contact *Ronny* on:

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