

# Dharma Yatra 2017

## Nightcap National Park, Northern NSW

Sunday, 8<sup>th</sup> – Sunday, 15<sup>th</sup> October



### Our Journey

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Yatra is the Sanskrit word for pilgrimage. A Dharma Yatra is a pilgrimage which offers an opportunity to explore Dharma teachings while hiking through some of the most pristine natural landscapes in Australia. A yatra is based on a spirit of simplicity. We will let go of the usual luxuries of life, walking in the company of like-minded people, enjoying the countless wonders of the inner and the outer life. In addition to the walking, each day will feature periods for group sitting meditation, yoga practice, dharma talks, small group discussion, and free time to socialise or connect with nature.

This year's Dharma Yatra will follow our traditional yatra route in the Nightcap National Park, a World Heritage Area. The round trip will start and end at *Cloud Mountain Homeland* at Doon Doon, 25 minutes out of Uki. Our journey will lead us through the forest along the Historic Nightcap Trail to Rummery Park, Minyon Falls, and then on to Protestor Falls. Two nights at the *Forest Meditation Centre* at the Channon will provide for some rest and time for practice and then our pilgrimage will continue via the Nightcap Ranges back to *Cloud Mountain Homeland*.

The daily walking distance will be around 15 kilometres or less. Some sections go through steep, bushy terrain and will require a medium level of fitness. An accompanying support team will take care of meals and luggage. Most nights we will be accommodated in our own tents. At the Forest Meditation Centre we will be sleeping in old (and basic) buildings in the forest. The Yatra is an all weather event. The weather in the area can vary, the nights might be still quite cold, the days usually warm and dry, but potentially rainy.

The Yatra is based on active participation. The support team will need help with food preparation, washing up, luggage, and setting up/packing up the camp sites. People who need a break from walking will have the option to get a ride with the support crew.

The Yatra can be joint with the four-day [Gaia Dreaming retreat](#) held just prior at Cloud Mountain Homeland. For more information please visit our website [yatra.org.au](http://yatra.org.au).

## Teachers

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*Victor von der Heyde* has been practicing Buddhist meditation for over 30 years. He studied with a wide range of teachers in India, Nepal, the US, the UK, and Australia and has spent over two years in silent retreats. He has taken dharma teaching roles since the early 1990s and has been leading yatras since they started in Australia in 2006. Victor's particular interest is in helping people understand different types of meditation so that they're in a position to choose what works for them. Further background is on his webpage at [www.dharma.org.au/v](http://www.dharma.org.au/v).

*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. He has a deep passion for wilderness, mountaineering, and spiritual traditions of various cultures. 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 based on the Insight Meditation (Vipassana) Tradition. 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?

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- ✓ tent
- ✓ sleeping bag
- ✓ camping mat (NO MATTRESSES PLEASE)
- ✓ sun hat, rain coat
- ✓ appropriate clothing for hot, cold and wet weather
- ✓ good (walked in) hiking shoes
- ✓ daypack for walking
- ✓ water bottle(s) for 2 litres or more
- ✓ 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 to two bags maximum.

## Getting to Cloud Mountain Homeland

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**The Yatra will start at 'Cloud Mountain Homeland' on Sunday, 8 October at 3pm.**

People who have registered will receive a confirmation letter and a map with instructions on how to get to 'Cloud Mountain Homeland'.

It is important that you arrive at *Cloud Mountain Homeland* in Doon Doon by 3pm on Saturday for registration. The yatra program will start at 5pm. Dinner will be served around 6pm.

Through a car pooling network we will try to arrange lifts for those who are happy to share a ride.

The closest airport is Coolangatta (Gold Coast). If you are flying please arrange your flights to arrive at Gold Coast airport before 1pm.

We will arrange pick ups from Gold Coast airport and Murwillumbah.

**The Yatra will end on Sunday, 15<sup>th</sup> October at 'Cloud Mountain Homeland' around 12noon.**

If you need to catch a plane from Gold Coast airport please book your flight for after 2pm.



## Yatra cost

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**Cost: \$490 plus Dana** (\$420 if booked in conjunction with the Gaia Dreaming retreat)

This covers all meals and catering, hiring of support vehicles, fees, administration fee, YBC membership and any other yatra expenses. *The fee does not include any payment for the teachers.*

**Dana:** The teachings, facilitation or leadership roles on a yatra are offered on a dana basis. Following a long-standing Buddhist tradition, the teachers on this yatra do not charge for their services. They rely on dana, a Buddhist term which literally translates as “generosity”. At the end of the yatra participants are encouraged to make a dana contribution to support individual teachers and also enables future events of this kind.

## How to book:

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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**

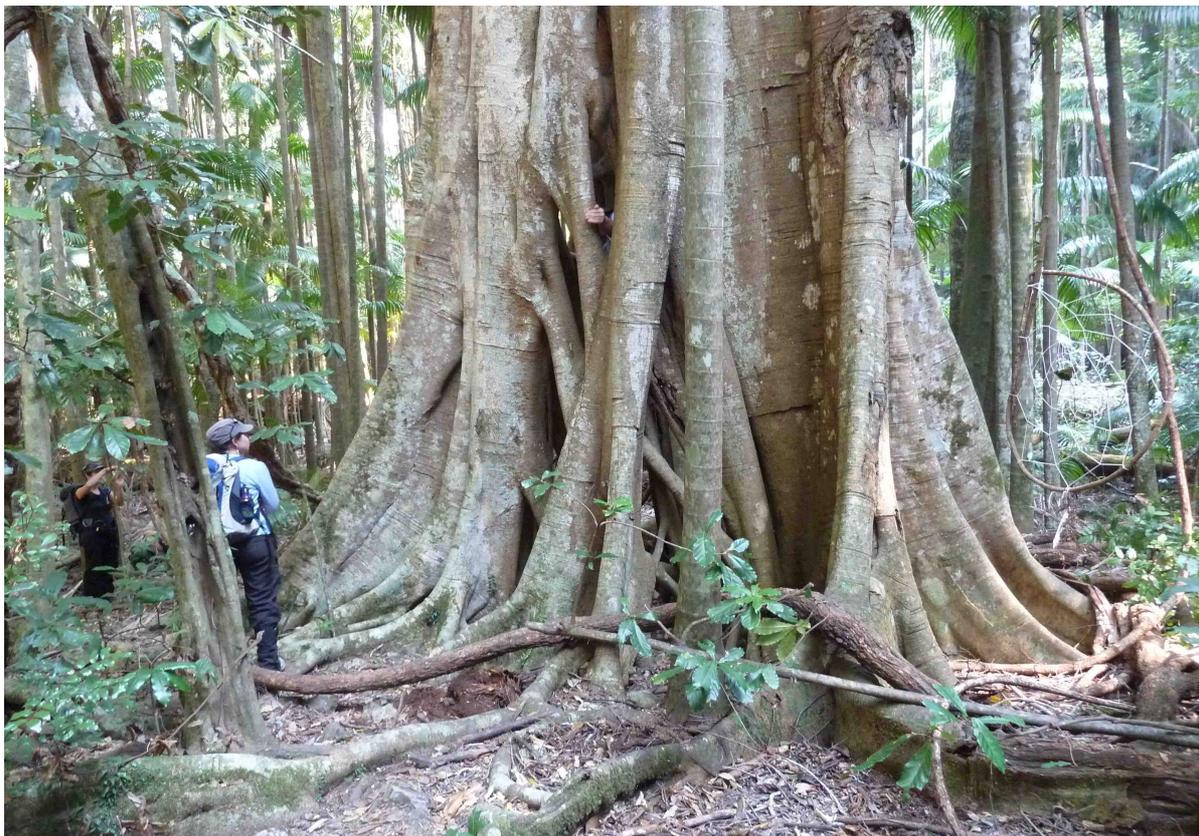
Please state '**DY17**' and '**YOUR NAME**' in the reference box.

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

### Cancellation:

Cancellations before the 24 September 2017 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:

0422 075 488

[yatracontact@gmail.com](mailto:yatracontact@gmail.com)

[yatra.org.au](http://yatra.org.au)