

# Dharma Gaia Yatra

## Girraween NP, Granite Belt, SE-QLD

Thursday 24 – Tuesday 29 May 2018



### Our Journey

'Yatra' is the Sanskrit word for pilgrimage. A yatra is a pilgrimage which offers an opportunity to explore dharma teachings whilst hiking through some of the most pristine natural landscapes in Australia. On this Dharma Gaia Yatra we will cultivate a supportive environment to investigate our relationship to self, others and our natural environment in order to deepen our sense of interconnection. The program will provide a flexible combination of silent periods for yoga, meditation, and reflective walking (wandering), as well as time for facilitated exercises, workshops, group circles, and artistic expression. The variety of practices will draw from deep ecology, traditional dharma teachings, nature wisdom, science, eco-psychology and tribal traditions.

This yatra will take us into the breathtaking wilderness of the Girraween National Park in SE-Qld. Girraween is an Aboriginal word meaning 'place of flowers'. Basing ourselves in a bush camp, we will explore the stunning features of this ancient landscape, including massive granite outcrops, balancing boulders, clear running streams, tumbling cascades and spectacular wildflowers.

The retreat will be an all-weather event. Rainfall is highly unlikely that time of the year and day temperatures are usually fairly pleasant (around 20 degrees). The nights are very cold and could drop below zero.

Accommodation will be in our personal tents. An accompanying cook will take care of our meals which will all be vegetarian. The Dharma Gaia Yatra will require active support from the participants with kitchen duties, fire, water, equipment and setting up/packing down the camps.

## Facilitators

**Ruth Rosenhek** works as a psychotherapist largely with individuals who have lived through complex trauma. She is the director of the Rainforest Information Centre and is a lifelong social justice and environmental activist. Ruth has facilitated eco-psychology and deep ecology workshops worldwide and has published articles in many journals and books. Ruth is passionate about compassionate action and the deeper meaning and implications of the environmental and social challenges that we face.

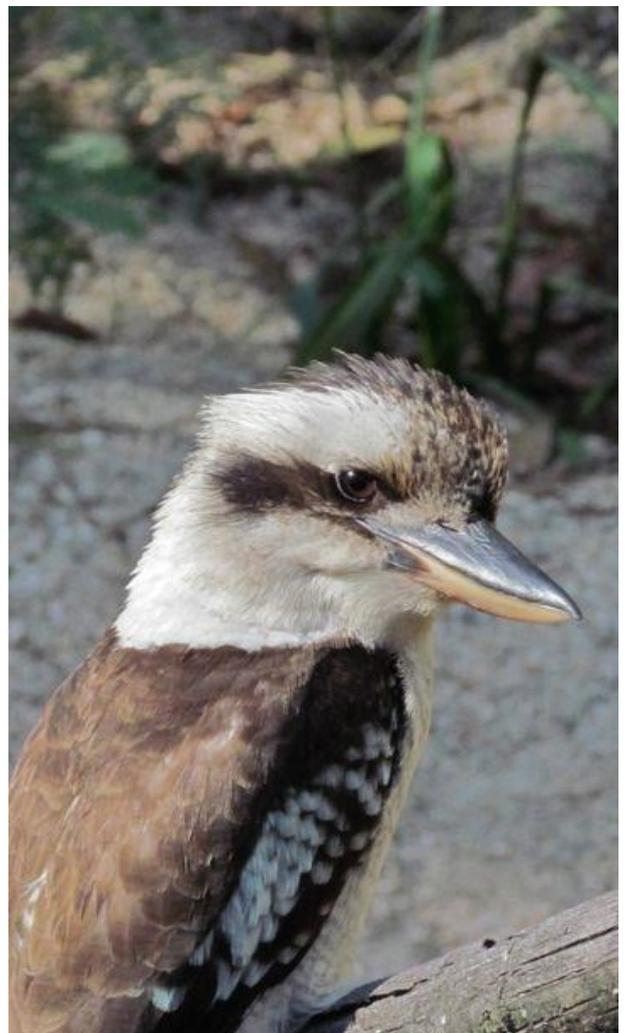
**Ronny Hickel** has studied, practiced and taught in various traditions of yoga, and buddhist dharma for the last 25 years. He is a yoga and taichi instructor, a qualified outdoor recreation guide and has trained in Hakomi Psychotherapy. Originally from Austria, Ronny moved to Australia in 2000 after 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 mindfulness meditation, yoga, tai-chi, nature reconnection, men's work and yatras.

The retreat will be conducted under the shelter of ethical principles, which create a safe, caring and conscious environment for spiritual practice. On the retreat the precepts invite us to restrain from harmful speech and actions, sexual expression and intoxicants. Certain periods on the retreat 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 process during our gathering.

## What to bring?

- ✓ tent
- ✓ warm sleeping bag (minus 5 degrees comfort)
- ✓ camping mat (thermarest)
- ✓ sun hat, beanie, gloves and rain/wind coat
- ✓ appropriate clothing for *hot* and *very cold* weather
- ✓ good hiking shoes (walked in previously and not causing blisters!)
- ✓ 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** – The entire luggage and equipment has to be transported in our support vehicles. Please keep your main luggage confined to one or two bags.



## Getting there

The yatra will start at the Girraween NP at 4pm on Thursday 24 May

Girraween NP is about 250km west of Byron Bay and 250km southwest of Brisbane and takes approximately 4 hours to drive from either location.

Due to the remote location carpooling is highly encouraged. For details refer to the booking form.

We will provide transfer from the Gold Coast airport at 11am for participants who are flying in. If you require this service please arrange your flight to arrive before 11am that Thursday.

The yatra will end at Bald Rock NP after lunch on Tuesday 29 May.

We will provide transport back to Gold Coast airport by 6pm. Please arrange flights to depart after 6:30pm on Tuesday.

## Cost

**Cost: \$490 plus Dana**

This covers all meals and catering, transport and equipment, all camping and National Park fees and administration costs. *The fee does not include any payment for the teachers.*

**Dana – Generosity:** Following an old Buddhist tradition the teachers on this retreat do not charge for their facilitation. At the end of the event there will be a donation box and donations for the teachers will be gratefully received. Dana not only supports individual teachers for the time they have spent on this event, but it will make future events of this kind possible.

## How to book:

1. Fill out and submit the on-line registration form – [CLICK HERE!](#)
2. Secure your booking by making full payment by electronic money transfer to:  
**Account Name: Yatra Bushwalking Club Inc**  
**BSB: 062580**  
**Account Nr: 10270467**  
Please state 'DGY18' and 'YOUR NAME' in the reference box.
3. You will receive a confirmation letter by email to confirm your booking.

Please note that there are only limited places available. Cancellations before the 10 May 2018 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after the 10 May.



For more information please contact Ronny Hickel on:  
**yatracontact@gmail.com**      **0422 075488**