

# GAIA DREAMING

**THE COSMIC STORY – A CELEBRATION OF LIFE**

**SAT 20 – SAT 27 OCTOBER 2018**



**A week of experiential exploration in deep ecology, nature-reconnection, and sound medicine to remember and evoke the great cosmic story of who we are and expand into our sacred being of profound interconnectedness.**

We live in a time where most people no longer understand the Earth as a sacred reality. With nature as our teacher, we endeavour to re-evolve this *Spirit of Sacredness* within ourselves. The **Gaia Dreaming Nature Retreat** will provide a supportive environment to foster our relationship to self, others, and our natural environment. Together we will attend to the current challenges of disconnection and explore how nature supports the healing of our hearts and minds, so that we might each live to our full capacity.

The central theme of this year's **Gaia Dreaming Nature Retreat** will be 'Our Great Story' – the epic dance of billion years of creative cosmic unfolding. We will explore how this story can enable us to grow 'who we are' and 'how to be' in this world - what we can do, as a species and as an individual, in order to find purpose and fulfilment and how to cultivate fundamental pathways into a future of vibrant life.

The comprehensive retreat program will offer silent periods for yoga, meditation, self-reflection and nature-reconnection combined with more interactive deep-ecology processes, sacred sound medicine, group circles, and collective ceremony. With an emphasis on direct experience and embodiment, the variety of practices will draw from the rich pool of our cultural and spiritual inheritance; from tribal traditions to cutting edge science - from yoga and buddhism to deep ecology and mindfulness-centred therapy.

## The Retreat

The **Gaia Dreaming Nature Retreat** will be held at 'Cloud Mountain Homeland', a beautiful property situated at the inner rim of the Tweed Caldera nestled between the Nightcap and Mt Jerusalem national parks. The property offers breathtaking views and access to numerous walking tracks within the property and adjoining national parks. Accommodation will be in personal tents. A big shed with an integrated kitchen set-up will serve as a dining area. A few impermanent structures (tipi, large marquee) will aid as workshop venues and provide shelter from the elements if needed. Our retreat caterer will prepare three delicious, vegetarian meals a day, with certain food supplies sourced from local and organic suppliers. Participants are requested to help out with meal preparation and kitchen clean-up.

The retreat schedule will include a 2 day **yatra** (pilgrimage) into the adjoining national park. On this 2 day trek we will walk a total of about 20km and some sections will lead through steep and bushy terrain requiring a medium level of fitness. An accompanying support team will provide meals, luggage transport, and lifts for those unable to make the walk.

The **Gaia Dreaming Nature Retreat** is an all-weather event. Usually the local climate around that time of the year is quite warm and dry but could vary from hot days to continuous rain.

The retreat will be conducted under the shelter of ethical precepts which contribute to a safe, caring, and conscious environment for our gathering. The precepts invite us to restrain from harmful speech and actions, unethical sexual expression and intoxicants.

Aspiring to a 'minimal impact' and a 'down to earth' approach, the retreat will be based on the principles of simplicity and mindful living. Participants are encouraged to take a break from their electronic devices such as computers and mobile phones.



## The Facilitators

**John Seed** is an environmental activist who has been working for the protection of the world's forests for most of his life. Along with Joanna Macy and Arne Naess, John is a co-founder of the Deep Ecology movement and, in 1988, co-authored "Thinking Like A Mountain" - the seminal work in experiential deep ecology. John has been involved in buddhist meditation practice since 1973 and has been facilitating experiential workshops and engaged buddhism all around the world over the last three decades. ([www.rainforestinfo.org.au](http://www.rainforestinfo.org.au))

**Ronny Hicckel** has studied and taught in various traditions of yoga, buddhist meditation and personal development since 1992. He is an accredited yoga and tai-chi instructor, a qualified outdoor recreation guide and has trained in Hakomi mindfulness-based psychotherapy. He currently lives with his family at 'Cloud Mountain Homeland', a sustainable development, and facilitates yatras and nature-reconnection retreats all around Australia. ([yatra.org.au](http://yatra.org.au))

**Murray Kyle** is a prolific songwriter and multi instrumentalist who's live performances of heart medicine and Earth honouring songs successfully blend conscious lyrics and authentic intention with a well produced sound. This mystic troubadour has built a dedicated international fan base from 15 years of grass roots touring all over the world and is passionate about re-awakening voice and music in our culture, as a tool for transformation and connectivity. ([www.murraykyle.com](http://www.murraykyle.com))

## What to bring?



- ✓ tent
- ✓ sleeping bag & camping mat
- ✓ yoga mat & meditation cushion
- ✓ appropriate clothing for hot and cold weather
- ✓ raincoat
- ✓ sun hat
- ✓ good walked in hiking shoes
- ✓ daypack for walking
- ✓ water bottle
- ✓ cup, bowl, plate, cutlery
- ✓ lunch box
- ✓ torch and spare batteries
- ✓ toiletries, towel, swim wear
- ✓ sun screen, insect repellent
- ✓ notebook and pen
- ✓ musical instruments (optional)
- ✓ any personal medication or supplements

## Cost

### \$480 base fee & 'dana' for facilitation

The base fee covers basic running cost of the retreat including food supplies, catering, camping fees, YBC memberships, liability insurance, vehicles & equipment hire, etc.  
The retreat fee does not include any payment for the facilitators.

**Dana (Gift of Generosity):** Following an old Buddhist tradition the facilitators on this retreat do not charge a fixed fee. At the end of the retreat there will be an opportunity to make a voluntary monetary gift to the facilitators for their offerings. Dana supports individual facilitators, keeps dharma teachings accessible and affordable, kindles the spirit of generosity and makes future events of this kind possible

## How to book?

1. Submit the online 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 'GD18' and 'YOUR NAME' in the reference box.
3. You will receive a confirmation email to confirm your booking.

Please note that we can secure a place only after we have received the registration form and full payment. Be aware that the numbers on the retreat are limited and the event might book out quickly.

Cancellations before the 3 October 2018 will receive a full refund minus \$50 administration fee. No refund can be guaranteed for cancellations thereafter.

**For more information please contact:**

**Ronny Hickel**

**0422 075488**

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