

**DUE TO HIGH DEMAND WE ARE OFFERING 2 CONSECUTIVE YATRAS IN TASMANIA IN 2019.  
THIS IS THE INFORMATION DOCUMENT FOR THE ADDITIONAL TASMANIAN YATRA.**

# Tasmania Dharma Yatra Tarkine #2

Friday 8 – Sunday 17 March 2019



Sarah Ann Rocks

(photo Charles Chadwick)

## 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 of sitting meditation, a basic yoga practice, meetings in small discussion groups, dharma talks and personal time to socialise or be with nature.

The Tarkine ('takayna') wilderness area is a relatively pristine remnant of Gondwana, rich in natural and cultural heritage values. It contains Australia's largest temperate rainforest, a high diversity of mosses and lichens, and it provides habitat for over 60 rare, threatened and endangered flora and fauna species. The Australian Heritage Council described the area as 'one of the world's greatest archaeological regions', displaying ancient stone quarries, giant shell middens, hut depressions and 10,000 year old petroglyphs. The yatra will start in the rainforest and move across button grass plains to the wild coast.

The daily walking distance will vary, with the longest walk being close to 15km. Some sections will lead through remote and rocky terrain requiring at least a medium level of fitness. Accommodation will be in our personal tents. An accompanying support team will take care of meals and luggage.

The yatra is an all weather event. Tasmania's West Coast is known for its exposed conditions and hostile weather which is often wet, cold and windy. Before booking please ensure that you are prepared for extreme weather and have all the required equipment.

## Facilitation

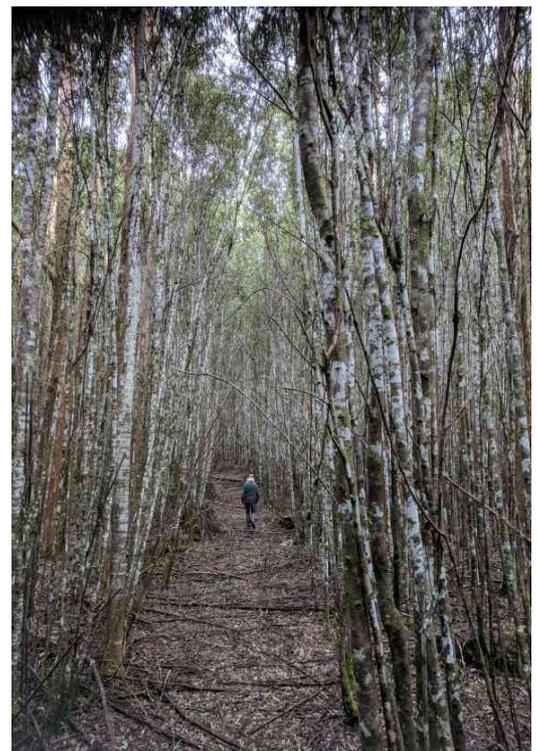
**Samantha Coker-Godson** is a Dharma teacher in the Insight Meditation tradition, a Yoga teacher and a practitioner of Traditional Chinese Medicine. For almost 30 years, Samantha has been cultivating an intimate relationship with the inner terrain through the practice of meditation, self inquiry and the teachings of the Buddha Dharma. As a teacher, her approach is honest and unadorned - guided by the simple aspiration to offer the Buddha Dharma in ways that inspire, support and illuminate the path to, and immediacy of, liberation.

**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, from tribal cultures to 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 (3 season, no pop-ups)
- ✓ warm sleeping bag (minus 5 degrees comfort rating)
- ✓ camping mat
- ✓ sun hat, beanie
- ✓ Goretex quality rain jacket and pants
- ✓ appropriate clothing for hot, very cold and wet weather incl. thermal underwear (be prepared for rain or even snow)
- ✓ good, walked in hiking shoes
- ✓ daypack
- ✓ water bottle(s) for 2 liters
- ✓ 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



## How to get there?

**The yatra will start on Friday evening, 8 March 2019, at Prickly Wattle campground at Arthur River township.**

The huge Tarkine wilderness is a very remote area in the far northwest of Tasmania. The closest airport is Launceston, about 4 hours drive away.

We will provide transport from Launceston to the Prickly Wattle campground. Our yatra bus will leave from **Launceston CBD at 1pm** and **Launceston airport at 1:30pm**.

If you fly into Launceston on the day please arrange your flight to arrive before 1pm.

From Hobart there is a public 'Redline' coach, leaving Hobart at 10:15am and arriving in Launceston CBD at 1pm.

If you plan to self-drive to the Tarkine make your way to the Prickly Wattle Campground south of Arthur River township by 4:30pm to unload and park your car.

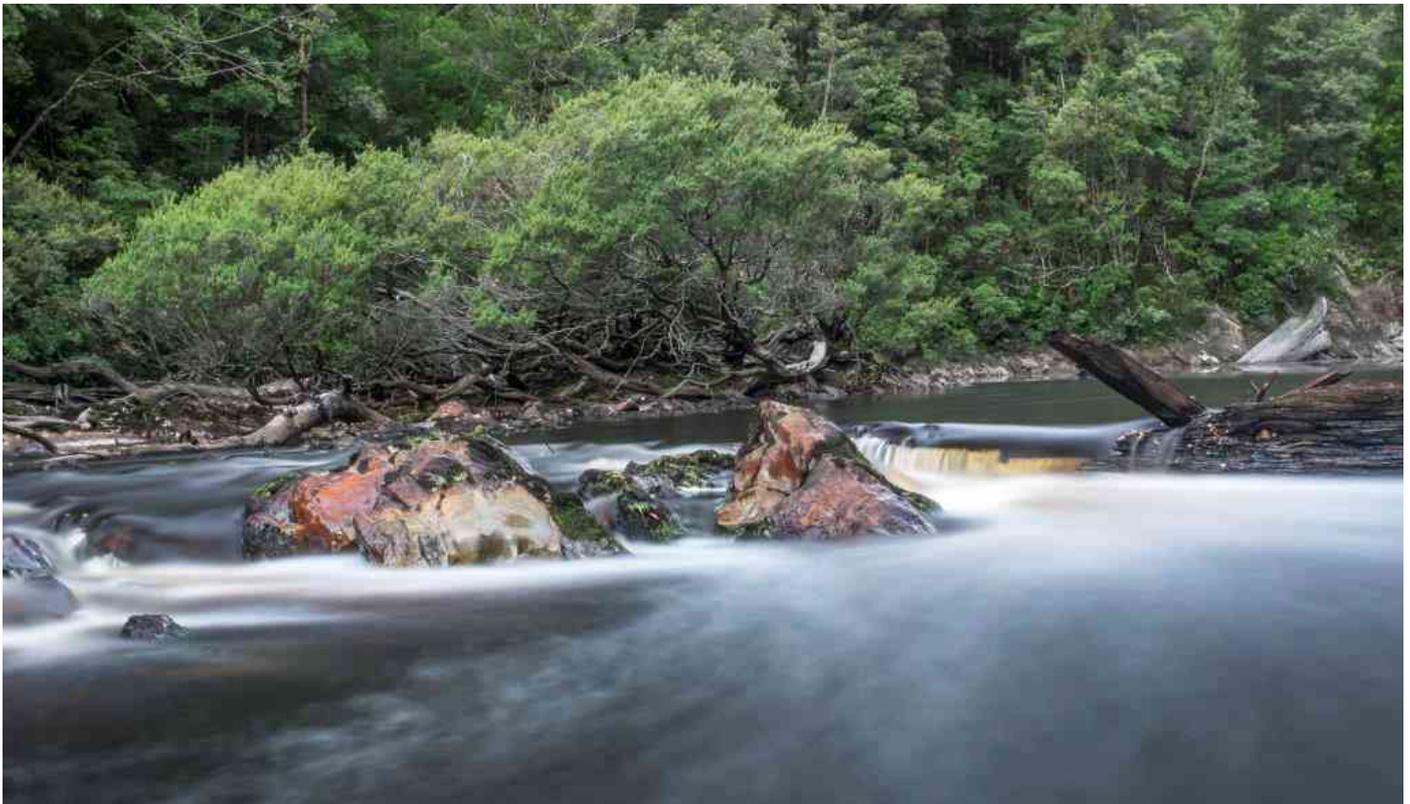
We aim for all participants to gather at the Prickly Wattle campground by 5:30pm to settle into camp. Dinner will be served around 6:30pm followed by a brief yatra introduction.

**The yatra will end on Sunday morning, 17 March 2019, at the Julius River Camp.**

We will provide a bus service back to the Launceston airport by 12pm. If you are flying out that day please arrange your flights for after 1pm.

We will provide transport back to Arthur River for those who have vehicles parked there.

The 'Redline' coach service to Hobart leaves Launceston at 2:30pm arriving in Hobart at 4:55pm.



Julius River

(photo Charles Chadwick)

## Yatra cost

### Cost: \$750 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 'TY19B' 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 15<sup>th</sup> February 2019 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:

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

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