

# Far South Coast Yatra 2019

Mt. Gulaga - Biamanga NP - Mimosa Rocks NP

FRI 3 – SUN 12 MAY 2019



## Our Journey

YATRA is the Sanskrit word for pilgrimage. This dharma yatra is a pilgrimage grounded in the spirit of simplicity. We will let go of the usual amenities and distractions 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 the Far South Coast Yatra will follow its traditional route in reverse direction. Our journey will begin with a comfortable 3 night stay at the 'Kamalashila' Tibetan Buddhist Centre near Tilba Tilba. From Kamalashila, we will take a day hike to Mt. Gulaga, a sacred area for the Yuin people. On the fourth day, we will travel first on foot and then via canoe across the beautiful Wallaga Lake to 'The Crossing' Land Education Centre on the Bermagui River. The second half of our route leads along the coast through the stunning Mimosa Rocks National Park. We will be camping mostly in National Park campsites, finishing at Gillards Beach on the morning of Day 10.

The longest daily walking distance will be around 16km, and shorter sections are only around 5km. Some sections go through steep, bushy terrain and will require a medium level of fitness. Participants will only carry some food, water, and extra layers needed for each day. An accompanying support team will take care of meals and luggage transport. Kamalashila and The Crossing will offer simple dormitory style accommodation. At the various coastal campsites, we will stay in our personal tents. The Yatra is an all-weather event; the weather in the area can vary; the nights might get quite cold, days are usually warm and dry, with potential rain.

The Yatra is based on active participation. The support team will need help with food preparation, washing up, luggage loading/unloading, and setting up/packing down the camp sites. There will be the option to get a ride with the support crew if needed.

## Teachers

**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.

**Mary McLean** is a Homeopath and Yoga teacher in the Far South Coast, NSW for the past 20 years. She has been practising meditation for the past 37 years, primarily in the Buddhist Insight tradition. During this time she has studied with leading Burmese Sayadaws, respected Western teachers and recently with a Zen based teacher. She believes that the practice of presence and awareness promotes the development of wisdom and compassion which is supported by living and meditating in a bush environment. Through the practice of yoga and meditation, the body becomes the vehicle for knowing and sensing the world around us.

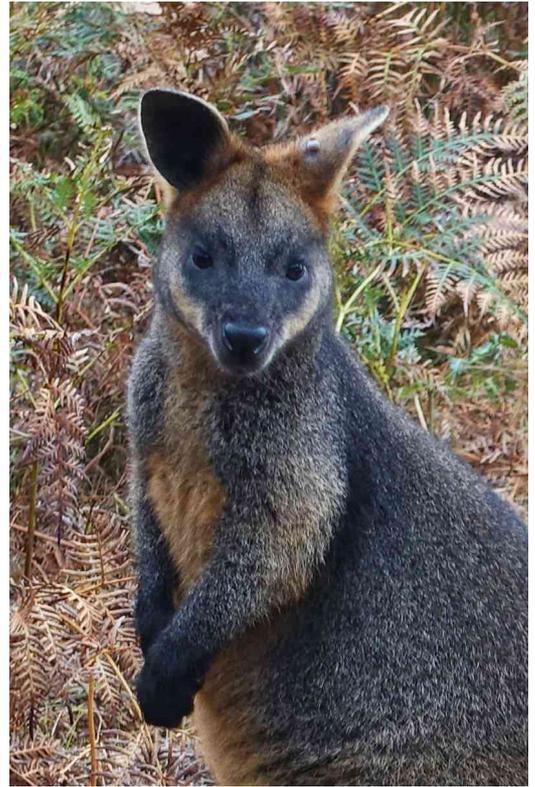
**Christopher David** is a Yoga teacher, Environmental Educator, and group facilitator. Originally from the US, he migrated to Australia in 2017 to become involved with the yatras. He is deeply invested in exploring and practising Connection as a way of life. What started with his contemplative undergraduate studies in Human Ecology and Taoism, soon evolved into years of social activism through community-based Permaculture projects, which then led into a comprehensive exploration of yogic and meditation traditions. Christopher has developed a weekly program for men called 'Yoga For Every Man' which combines personal sharing circles with yogic philosophy, meditation, and asana practice.



The yatra will be conducted under the shelter of Five Ethical Precepts, which create a safe, caring, and conscious environment for spiritual practice. On the walk the precepts invite us to refrain 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 (mindfulness) Tradition. The yoga exercises are suitable for beginners and are designed to support our physical condition and meditation practice on the yatra.

## What to Bring?

- ✓ 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



**IMPORTANT:** Pack lightly and tightly – Your luggage is handled daily by the support crew and transported to each new camp site. Please limit your luggage to **TWO** bags maximum.

## What is the Cost? **\$950 plus Dana**

This fee of \$950 covers all meals and catering, camping and venue fees, support vehicles, administration fees, travel expenses for teachers and any other yatra expenses.

*Please Note: This fee does not include any payment for the teachers or organisers.*

### What is Dana?

The teachings, facilitation or leadership roles on a yatra are offered on a dana basis. 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.

## When/ Where should I arrive?

If you are coming by car, you will need to arrive at **Tanja Community Hall** in Tanja, NSW at **1PM (1:30 at the latest)** on Friday 3 May. We will then shuttle you and your gear to the Kamalashila Retreat Centre 1 hour drive north of Tanja. Cars will be parked on a private property near the hall. Through a car pooling network we will try to arrange lifts for those who are happy to share a ride.

If you are flying into **Merimbula Airport**, we will provide a pickup shuttle at **4:30PM** on Friday 3 May. Please arrange your flights to arrive before then. Currently the afternoon flights from Sydney arrive at 3:30 and from Melbourne at 4:20 on Rex Airlines.

We will provide transport back to the airport on Sunday 12 May arriving at 12:30noon.

## 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 No: **10270467**

Please state '**FSCY19**' and '**YOUR NAME**' in the reference box.

3. You will receive a confirmation letter by email to confirm your booking. Your place will be allocated only after we have received your completed registration form and full payment.

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

## Cancellation:

Cancellations before 14 April 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 a refund and your place can be offered to someone else.



For more information or questions,  
please contact Christopher: 0428 826 003

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