

Trephina Gorge Nature Retreat

East MacDonnell Ranges, Central Australia

Saturday 3 – Sunday 11 August 2019



Trephina Gorge

Our Journey

This nature retreat will take us to the East MacDonnell Ranges of Central Australia, where we will base ourselves in a simple bush-camp amongst the spectacular red cliffs of Trephina Gorge. The steep rocky slopes of the ranges rise dramatically from the red desert and give a unique impression of Australian wilderness.

The retreat schedule will include generous periods for walking and 'wandering' to explore the surrounding country, as well as ample time for sitting meditation, facilitated activities, group circles, yoga, art, music and ceremony. Utilising a combination of silence, movement, discussion and artistic expression we intend to cultivate a space where we can reflect and consider the particular and unique quality of the contribution we make to our environments and the world. We would love to give time for us, as men and women, to be pulled into deeper ground to support the diverse ways we 'enter' life. This could simply involve a refinement of our capacity to just be and rest, or to engage in more expressive practices such as writing, movement, nature connection or 'great' dreaming, etc.

On the retreat we will establish a safe and caring environment for dharma practice and the exploration of the inner and the outer life. The timeless landscape of the East MacDonnell Ranges will supply us with an astonishing setting for our meditation retreat, presenting a rich variety of terrain - from open button-grass plains to high exposed ridges with expansive views, to lush sheltered gorges with permanent water holes and abundant vegetation and wildlife.

However, coming on this retreat also means to be really 'out there' in wild country, exposed to the elements. Bearing this in mind, this retreat will be especially suitable for the more experienced practitioner who feels at ease in the wild. The retreat will be based on the spirit of simplicity and in that we let go of the usual luxuries of life. The rugged country and harsh climate of Central Australia can potentially provide challenging conditions including hot days, freezing nights, wind, dust and flies. Generally rainfall is highly unlikely that time of the year, day temperatures are usually around 20 degrees and nights are very cold and could drop below zero.

Some walking sections will lead through tough, steep terrain and are classified as hard.

All nights we will be accommodated in our personal tents. Our support crew will provide hearty vegetarian meals and take care of retreat logistics. At times we will require some help with food preparation, washing up, and setting up/packing down our camp.

Facilitators

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. Samantha is based in Melbourne where she offers dharma teachings, yoga and Traditional Chinese Medicine. (www.dharmacircle.com.au)

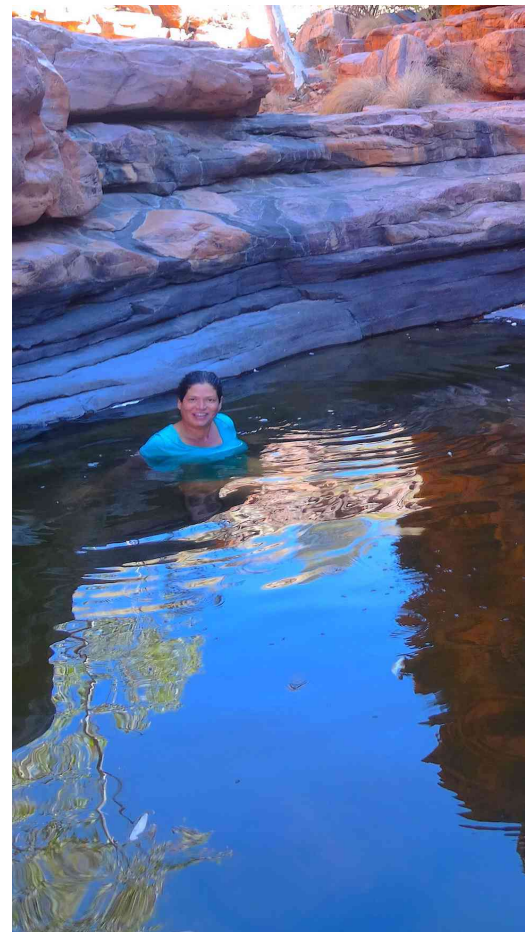
Ronny Hickel has studied, practised and taught in various traditions of yoga, and buddhist dharma for the last 25 years. He is a yoga and tai-chi instructor, a qualified outdoor recreation guide and has trained in Hakomi Psychotherapy. Originally from Austria, Ronny moved to Australia in 2000 after living 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, buddhism, yoga 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 meditation, yoga and tai-chi classes, nature reconnection retreats, MenAware gatherings and yatras.

The retreat will be conducted under the shelter of the Five Ethical Precepts, which create a safe, caring and conscious environment for spiritual practice. On retreat the precepts invite us to restrain from harmful speech and actions, sexual expression and intoxicants. The majority of our retreat program will be supported by noble silence. The meditation instructions on the retreat are primarily grounded in the Buddhist Insight Meditation traditions, the yoga and movement exercises are suitable for all levels and are designed to nourish our physical condition and assist our mindfulness practice.

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 (be prepared for minus zero degrees)
- ✓ hiking shoes (walked in, not causing blisters!)
- ✓ daypack for walking
- ✓ water bottle
- ✓ cup, bowl, plate, cutlery
- ✓ lunch box
- ✓ yoga mat, meditation cushion, blanket
- ✓ sun screen, insect repellent
- ✓ torch and spare batteries
- ✓ toiletries, towel, swim wear
- ✓ any personal medication or supplements if required

Pack lightly and tightly – Please keep your luggage confined to two bags maximum.



Getting there

The retreat will start on Saturday 3 August.

We will meet at the 'Alice Springs Tourist Park' in Alice Springs at 12noon.

It is important that you arrive at our meeting point at the Alice Springs Caravan Park at the latest by 12noon on Saturday. The exact meeting location will be announced closer to date. We will leave from the caravan park at 1pm to drive 85km to our camp at Trepkina Gorge in the East MacDonnell Ranges.

For participants who prefer to fly in on the day we will arrange a pick up service from Alice Springs airport at 1pm. Please make sure your flight arrives before 1pm on the day.

The Alice Springs Tourist Park is situated opposite the Araluen Cultural Centre and offers budget accommodation and campsites (alicespringstouristpark.com.au)

Flights to Alice Springs are very limited. As we are travelling in peak season we recommend that you book your flight as soon your place on the yatra is confirmed. Please do not make any travel arrangements before your place has been confirmed.

The retreat will end on Sunday 11 August around 10am.

We will arrive back at the 'Alice Springs Holiday Park' around 12noon.

We will also provide transport directly back to the Alice Springs airport around 12noon if required. Please book your return flight for after 1pm on Sunday 26 August.



Retreat cost

Cost: \$1000 base fee & Dana

THE BASE FEE covers all meals and catering, hiring of support vehicles and equipment, all camping and national park fees, administration cost and some travel expenses of the team.

The retreat 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 retreat there will be a donation box and donations for the teachers will be gratefully received. Dana supports facilitators, keeps events affordable, and cultivates a spirit of generosity.

How to book:

1. Fill out and 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 '**TGNR19**' and '**YOUR NAME**' in the reference box.
3. You will receive a confirmation letter by email to confirm your booking.
If the retreat is fully booked upon registration, you will be notified and your name will be placed on a waiting list. You will then be contacted if a place becomes available.

Please note that there are only limited places available and that this retreat will likely book out very quickly.

Please contact us if you wish to arrange an alternative payment plan.

Our Cancellation Policy:

Cancellations before the 13 July 2019 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after the 13 July. 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:

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