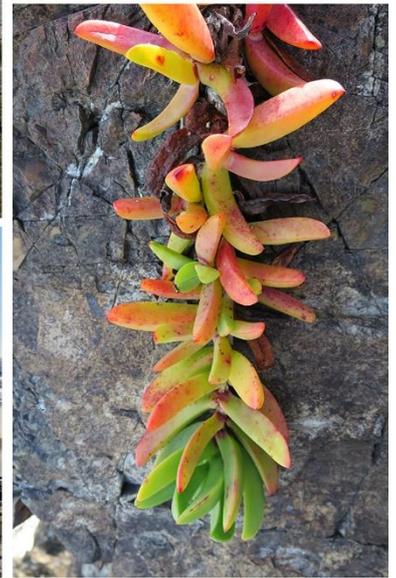


# Dharma Gaia Yatra

Yuraygir NP, Northern NSW

Sunday 13 – Sunday 20 October 2019



## 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 follows the wandering trails of Australia's coastal emus through Yuraygir National Park. We will traverse the coastline from Lake Arragan to Red Rock. Wildlife and wildflowers abound as we walk past heathland plains, long sandy beaches, tranquil creeks, lagoons, rocky headlands.

Accommodation will be in our personal tents. An accompanying cook will take care of our meals which will all be vegetarian. A support vehicle will transport participant camping gear from site to site. 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** is a psychotherapist who works primarily with anxiety, depression, world grief and complex trauma. Ruth has a long history of environmental and social justice activism and is currently passionately engaged with Extinction Rebellion. Ruth has steeped herself in the work of nature wisdom philosophies including deep ecology and ecopsychology and has facilitated workshops worldwide for over 20 years.

**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 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 mindfulness traditions, the yoga exercises are suitable for beginners and are designed to support our process during our pilgrimage.

## What to bring?

- ✓ tent
- ✓ warm sleeping bag
- ✓ camping mat (thermarest)
- ✓ sun hat, beanie
- ✓ rain/wind coat
- ✓ appropriate clothing for *hot* and *cold* weather
- ✓ comfortable shoes (walked in 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
- ✓ journal, musical instruments (optional)



**Pack lightly and tightly** – The entire luggage and equipment must be transported in our support vehicles. Please keep your main luggage confined to one or two bags.

## Getting there

The yatra will start at Lake Arragan Campground at 4.30pm on Sunday 13 October.

**Arriving by plane:** We will arrange transport from Ballina Airport to Lake Arragan Campground. We will leave the airport at 2pm.

*Note: At the time of writing the Sydney-Ballina flight arrives at 11.15am & Melbourne-Ballina arrives 18.20pm the day before.*

**Self-drive:** Parking is available for the duration of the yatra at Lake Arragan Campground. Please arrive by 3:30pm so we can shuttle your car to the parking spot (1.5km from our camp). There is an option in the booking form to request/offer a car-share.

We aim for all participants to gather at Lake Arragan campground by 4.30pm to settle into camp. Dinner will be served around 6:00pm followed by a brief yatra introduction.

The yatra will end back at Lake Arragan campground after lunch on Sunday 20 October.

We will arrange transport back to Ballina airport by 3.30pm.

*Note: At the time of writing the Ballina-Sydney flight departs 16.50pm & Ballina-Melbourne departs 19.05pm*

## Cost: Base Fee \$660 plus Dana

**Base Fee:** The base fee covers all running cost of the retreat including food supplies, catering, camping fees, fuel, equipment, administration cost, etc.

**Dana:** The facilitators on this retreat do not charge any payment for their contributions. At the end of the retreat there will be a donation box for the facilitators. Dana supports facilitators, keeps events affordable, and cultivates a spirit of generosity.



## 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 #: 10270467**  
Please state 'DGY19' 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

Cancellations before the 22 September 2019 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after this date.

For more information please contact Ronny Hickel:

[contact@yatra.org.au](mailto:contact@yatra.org.au)  
0422 075488