

MenAware

A 5-day retreat in nature for men - enquiring into the joys and challenges of being a man in a modern world.

Wednesday 11 – Sunday 15 September 2019



“I recall times in this life when I’ve quietly grieved an absence of deep connectedness with men. At MenAware gatherings I’ve glimpsed that a relationship of trust, emotional honesty and deep listening with men is still a possibility.”

A MenAware participant

A MenAware Nature Retreat provides a experiential container where our relationship with self, other men and nature can be explored in a safe and caring environment. During our time together we will investigate the possibility to live a fulfilled, authentic and sustainable life and how we can take this into the relationships and the communities we live in.

Our retreat program will draw upon a flexible combination of yoga, meditation, mindful walking, discussions around the campfire, shared meals and our unique, creative celebration of mankind.

This MenAware Nature Retreat will lead to refreshing waterholes, rugged traprock country and an extraordinary exhibition of birdlife at the [Sundown National Park](#) in Southern Queensland. Sundown NP offers a remote getaway, with magnificent views, peaceful waters, dramatic gorges and blissful nights spent under a canopy of stars.

Our journey will start on [Wednesday 11 September @ 11am](#) in Mullumbimby from where we will embark on a 4hour drive to our Sundown camp (Broadwater camping area) west of Tenterfield. We will return to Mullumbimby on [Sunday 15 September by 6pm](#).

Accommodation will be in our personal tents. All meals will be vegetarian. A MenAware Nature Retreat is an alcohol and drug free event.

Facilitators:

[Ken Golding](#) has a diverse history of social and environmental activism, meditation and artistic expression and has been engaged in creating and presenting innovative workshops, courses and activities for men for over 25 years. He has facilitated on several yatras and nature retreats over the past 8 years and currently teaches Buddhist influenced meditation using the Recollective Awareness approach. Ken has a deep concern about our collective environmental and social future and believes that working with men cannot be done in isolation from these concerns.

[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. His approach is shaped by his love and passion for the dharma, nature connection, deep ecology and the cultural richness of our world including tribal traditions 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 and yatras.

What to bring?

- o tent
- o sleeping bag, camping mat
- o appropriate clothing for hot, cold and wet weather
- o good (walked in) hiking shoes
- o daypack
- o water bottle, lunch box
- o cup, bowl, plate, cutlery
- o torch and spare batteries
- o toiletries, towel, swim wear
- o musical instruments, journal (optional)



Cost: \$450 Base Fee & Dana (donation to facilitators)

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 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 'MA19' and 'YOUR NAME' in the reference box.
3. You will receive a confirmation letter by email to confirm your booking. Please note that we can secure a place only after we have received your completed registration form and full payment. Please do not make any travel arrangements before your place on the retreat has been confirmed.

Cancellations before the 25 August 2019 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed thereafter. Please inform us early if you need to cancel so that you can receive your refund and your place can be offered to someone else.

For more information please contact Ken on:

0409 817653

kenjmail77@gmail.com