

Women's Yatra 2019

A Sacred Pilgrimage - Moreton Island National Park

Sunday 1st – Sunday 8th September 2019



The Women's Yatra – 'Women Healing In Nature'

The Sanskrit word 'Yatra' means 'Life-journey' or 'Pilgrimage'. This 'Women's Healing in Nature Yatra' is a unique journey where we walk mindfully in nature, sit in circles weaving and sharing story, connecting deeply with each other and the Earth. The Moreton Island National Park will provide us with an ideal environment for this sacred pilgrimage. Our individual and collective enquiry on this Yatra will consist of a respectful combination of meditation, yoga, reflection, nature wisdom and ceremony. It is an opportunity to look deeply into our hearts as we tread lightly on the earth with respect and gratitude.

'Moorgumpin' means 'place of sandhills' and is the Aboriginal name for Moreton Island. It is a picturesque sand-island located 40km from Brisbane at the eastern edge of Moreton Bay Marine Park. Three tiny settlements and a resort are the only developments on the island and there are no sealed roads. Most of the Island's 19000 hectares is both national park and recreation area with a complex and fragile ecology of plants and animals.

The daily walking distance varies with the longest walk being 18km and the shortest about 10km. Some sections will lead through soft sands and bushy terrain requiring at least a medium level of fitness. An accompanying support team will take care of meals and luggage. Accommodation will be in our personal tents.

The yatra is an all weather event. The weather in the area could vary between hot and dry days to continuous days of heavy rain and wind.

The Yatra is based on active participation. The support team will need help with food preparation, washing up, luggage and setting up and packing up the camp sites.

Active support on the Yatra makes it possible to keep costs low. It also lifts the spirit of the group as we come together in a functional team. People who need a break from walking will have the

option to get a ride with the support team.

Practice and Facilitation

On the Yatra we are grounded in teachings, exercises and techniques that are based in *Nature Wisdom, Buddhism* and *Yoga* traditions.

The pilgrimage is conducted under the shelter of Five Ethical Precepts, which create a safe, caring and conscious environment for spiritual practice. The precepts invite us to restrain from harmful speech and actions, sexual expression and intoxicants. The walking periods are in silence. The Yoga exercises are suitable for beginners and are designed to support our physical condition as well as our mindfulness on the Yatra.



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.

Lee Kirk has a passion for building the skills for self reliant communities with a primary focus on local food security. Lee enjoys tapping into our wild nature through bushwalking and immersion into deep forest spaces. Lee has been actively involved in Environmental and Social Justice activism for over 20 years and is currently engaged with the local food economy.

What to bring?

- o tent
- o sleeping bag
- o camping mat (NO MATTRESSES PLEASE)
- o sun hat and rain coat
- o appropriate clothing for *hot, cold* and *wet* weather
(be prepared for heavy rain)
- o good (walked in) hiking shoes
- o daypack for walking
- o water bottle(s) for 2 litres or more
- o cup, bowl/plate, cutlery
- o lunch box
- o sun screen, insect repellent, blister plasters
- o torch and spare batteries
- o toiletries, towel, swim wear
- o any personal medication or supplements if required

(Please note there will be no coffee provided as it does not support the contemplative and meditative state that we aspire on the Yatra. You are free to bring your own if you feel that this may hamper your experience.)

Please Pack lightly and tightly – Your luggage will be handled daily by the support crew to be transported to each new camp site and needs to fit on the back of our support ute.

Please keep your luggage confined to two bags maximum.

Getting to the Island

The Yatra will start on Sunday the 1st of September at “the Wrecks” camping grounds on Moreton Island at 3pm.

The MICAT vehicle barge leaves from *14 Howard Smith Drive, ‘Port of Brisbane’* at 12pm and takes approximately 75 minutes to ‘*The Wrecks*’ on Moreton Island.

IMPORTANT: The ferry trip to the island is not included in the Yatra cost and all participants are responsible to arrange their own travel to ‘The Wrecks’ campground on Moreton Island.

For ferry bookings and info please go to www.micat.com.au or phone 07 3909 3333.

A return ticket cost \$57 per walk on passenger. Bookings are essential.

Secure car parking is available at the ‘Port of Brisbane’ ferry pier. Charges apply. The registration form allows you to indicate if you are interested in carpooling for this event.

The Yatra will end Sunday the 8th of September at the ‘Ben Ewa’ campground on Moreton Island at 9.30am.

On the final Sunday the barge will leave from ‘*The Wrecks*’ back to the ‘Port of Brisbane’ at 11am and again at 3:30pm.



Yatra cost

Cost: Base fee \$680 plus Dana

Base fee: This covers all vegetarian meals and catering, hiring of support vehicles, administration cost, camping fees and any other expenses. The fee does not include any wages for the facilitators or organisers.

Dana: Following an ancient tradition the facilitators on this Yatra do not charge any payment for their teachings. At the end of the Yatra there will be a donation box and donations for the facilitators and organisers will be gratefully received. Dana not only supports individual teachers for the time they have spent on this event but it will make future events of this kind possible.

Note: The route of the Yatra does not go anywhere near an ATM.

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 Nr: 10270467

Please state 'WY19' 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.

Note: There are only limited places available and the Yatra might book out quickly.

Our Cancellation policy:

Cancellations before 1st August 2019 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after this date. 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 *Ruth Rosenhek* :

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Mobile: 0459 362357

