

Aragunnu Nature Retreat

Mimosa Rocks NP, Far South Coast, NSW

Monday 4 – Sunday 10 May 2020



Our Journey

We're experiencing some of our country's worst ever climate conditions. We are deeply saddened over the devastating loss of both human and animal life, and the catastrophic impact on our beautiful land due to the recent bush fires. The Aragunnu Nature Retreat is a special gathering on sacred land in response to the bush fires impacting the Far South Coast and the cancellation of the proposed Yatra in the Nadgee Nature Reserve and Ben Boyd National Park.

Aragunnu is a beautiful campground nestled amongst the trees in the Mimosa Rocks National Park, on the Far South Coast of NSW. It is a special place of significant aboriginal heritage, wild coastal bushland and pristine sandy beaches.

Over the duration of the retreat we will base ourselves in a simple bush-camp where we will establish a safe and caring environment for the exploration of the inner life as well as this awe-inspiring surrounding landscape. The retreat schedule will include periods for walking and 'wandering', 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 on our current situations and consider the particular and unique quality of the contribution we make to our environments and the world. We would love to create space for us, as men and women, to be pulled into deeper ground to support the diverse ways we 'enter' life at this time. 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 'greater' dreaming, etc.

The retreat will be based on the spirit of simplicity and in that we let go of the usual luxuries of life. This coastal country can potentially provide challenging conditions including rain, cold nights and wind. All nights we will be accommodated in our personal tents. Our support team will provide hearty vegetarian meals and take care of retreat logistics. At times we will require some help with food preparation, washing up, and tending to our camp.

Facilitator

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 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 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. A large part 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
- ✓ camping mat (thermarest)
- ✓ sun hat, beanie, gloves and rain/wind coat
- ✓ appropriate clothing for hot, cold and wet weather
- ✓ 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
- ✓ musical instruments, journal
- ✓ any personal medication or supplements if required

Getting there

Our retreat will start on Monday 4 May at Aragunnu campground at 4pm

Please arrive at the camp by 2pm to set up your tent and settle in with a cup of tea. The retreat program will commence at 4pm. Dinner will be served at 6pm.

Aragunnu campground is located off Aragunnu Road. To get there, turn off the Tathra-Bermagui Road onto Aragunnu Road. The campground is approximately 3km down the road.

If you are flying into **Merimbula Airport**, we will provide a pickup at **11AM** on Monday 4 May. Please arrange your flights to arrive before then. Currently on Mondays the morning flights with Rex Airlines from Sydney arrive at 10:50am and from Melbourne at 8:20am.

Our retreat will end Sunday 10 May at Aragunnu campground around 11am

We will provide transport back to the airport on Sunday 10 May by 12:30 noon. Please book your return flight for after 1pm. Currently on Sundays the afternoon flights with Rex Airlines to Sydney leave at 1:35pm and 3:50pm and to Melbourne at 4:40pm.

Retreat cost

Cost: \$640 base fee plus Dana

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

The retreat fee does not include any payment for the facilitator and organisers.

Dana – Generosity: Following an old Buddhist tradition the teacher and organisers of this retreat do not charge for their contributions. At the end of the retreat there will be a donation box and donations will be gratefully received. Dana supports teachers and organisers, 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 No: 10270467
Please state '**ANR20**' 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 contact us if you wish to arrange an alternative payment plan.

Our Cancellation Policy:

Cancellations before the 15 April 2020 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after the 15 April. 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 Amalia on:

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