

# Aragunnu Nature Retreat

Mimosa Rocks NP, Far South Coast, NSW

Monday 19 – Sunday 25 October 2020



## Our Journey

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We are living in a time of great unpredictability and our world is changing rapidly. After the catastrophic impact of the recent bushfires we are now faced with the uncertainty of the COVID-19 pandemic and its consequences. This nature retreat is calling upon the local dharma community and beyond to gather on the sacred land of Aragunnu and create the space to reflect on this current situation and cultivate pathways of deep adaptation.

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 develop safe and supportive conditions to investigate the joys and challenges of the inner life while being held profoundly in the wild beauty of nature. The retreat schedule will include extended periods for wandering in nature 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 create an environment where we can reflect and consider our responses to life and the contributions we can offer to the world. To support the diverse ways we 'enter' life at this time 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 help with food preparation, washing up, and tending to our camp.

During the retreat protective COVID-19 safety practices will be in place and all participants are required to abide by precautions such as social distancing and hygiene to keep us all safe.

## Facilitator

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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?

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- tent
- warm sleeping bag
- camping mat (thermarest)
- sun hat, beanie, gloves and raincoat
- appropriate clothing for hot, cold and wet weather
- hiking shoes (walked in, not causing blisters!)
- daypack for walking
- water bottle 2L
- cup, bowl, plate, cutlery, tea towel
- lunch box
- yoga mat, meditation cushion, blanket
- sun screen, insect repellent
- torch and spare batteries
- toiletries, towel, swim wear
- pocket hand sanitiser, face mask (in case of emergency)
- musical instruments, journal (optional)
- any personal medication or supplements if required

## Getting there

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**The retreat will start on Monday 19 Oct 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.

The closest airport is Merimbula Airport serviced by ReX airlines. Please note that the ReX Airline schedule is changing weekly and adapting to demand during the current COVID-19 response. There are currently no flights available to Merimbula on the starting and finishing days of the retreat. If flights resume we will provide a pickup from Merimbula Airport.

**The retreat will end on Sunday 25 Oct at Aragunnu campground at 11am**

We will provide transport to Bega and Merimbula airport after the retreat if required.

## Retreat cost

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**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 two donation boxes 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 1 October 2020 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after the 1 September. 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. Please note that if we need to cancel the retreat due to COVID-19 regulations or other unforeseen circumstances we will refund the retreat fee minus a \$50 administration fee.



For more information please contact Amalia on:

**0434 297 999**

**[yatracontact@gmail.com](mailto:yatracontact@gmail.com)**