

MenAware

**A 5-day retreat in nature for men - enquiring into the joys and challenges of being a man in a modern world.
Wednesday 16 – Sunday 20 September 2020**



We are living in a time of great unpredictability and our world is changing rapidly. After the catastrophic impact of the recent bush fires we are now faced with the uncertainty of the COVID-19 pandemic and its consequences. This nature retreat is calling upon the men of our communities to gather in nature and reflect on this current situation and cultivate pathways of deep adaptation.

A MenAware Nature Retreat is an outdoor adventure for men where we explore our relationships with self, other men and nature 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 make wholesome contributions to ourselves, our relationships and our wider communities. The 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.

Last year our base camp in the Washpool National Park was closed shortly after we concluded our 2019 retreat due to the encroaching forest fire. We are delighted to return to the Washpool National Park this year to bear witness to the ecological changes after the bush fires and to pay homage to this special place which held our MenAware gathering so profoundly the previous year.

The Washpool National Park is located northwest of Grafton and is part of the 'Gondwana Rainforests of Australia World Heritage Area'. It is a place of steep gorges, clear water and magnificent ancient rainforest and a haven for an incredible diversity of plants, mammals, amphibians, reptiles and birds including many threatened and rare species.

Our journey will start on Wednesday 16 September @ 11am in Mullumbimby
We will embark on a 4 hour drive to our base camp at the Coombadjha campground, Washpool NP.
Leading up to the retreat we will arrange for car sharing options to keep vehicles to a minimum.

We will return to Mullumbimby on Sunday 20 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.

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

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 presently resides in Murwillumbah 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, tea towel
- o torch and spare batteries
- o toiletries, towel, swim wear,
- o hand sanitiser, face mask (in case of emergency)
- 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.

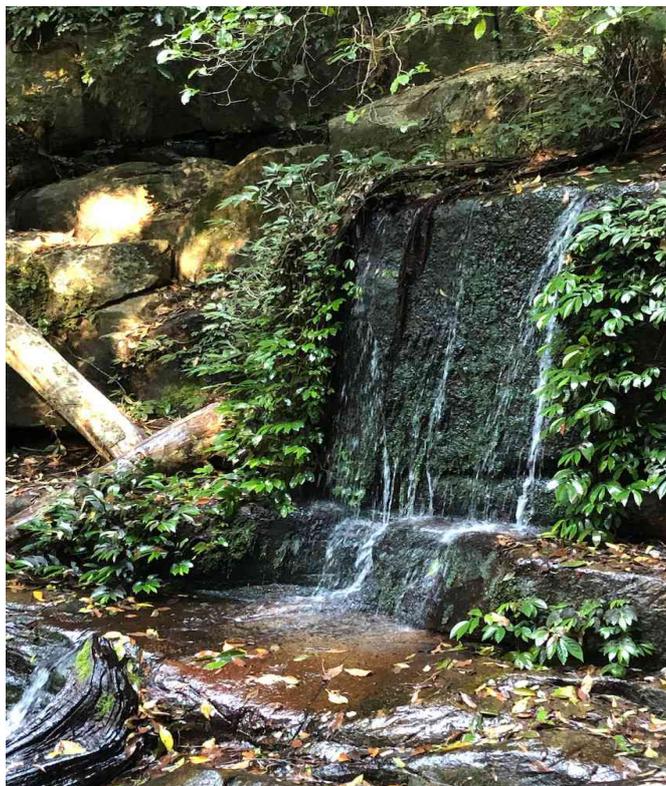
Dana: The facilitators on this retreat do not charge any payment for their contributions. At the end of the retreat there will be a donation box for the facilitators. Dana supports facilitators, keeps events affordable, and cultivates a spirit of generosity.

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 'MA20' and 'YOUR NAME' in the reference box.
3. Once we have received your payment we will confirm your booking via email. 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 31 August 2020 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.

Please note that if we need to cancel the retreat due to COVID-19 regulations or other unforeseen circumstances we will refund your payment minus a \$50 administration fee.



For more information please contact Ken on:

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