

# Far South Coast Yatra 2021

Nadgee Nature Reserve/Ben Boyd NP

Far South Coast, NSW

Saturday 24 April - Sunday 2 May



## Our Journey

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'Yatra' is the Sanskrit word for pilgrimage. A yatra is a pilgrimage which offers an opportunity to explore dharma teachings and pathways to awakening whilst hiking through wild and pristine landscapes of our beautiful natural world. This new yatra route will start in the Nadgee Nature Reserve and follow the Light to Light Walk along the scenic coast of Ben Boyd National Park, alternating between old growth-forest, coastal heath and a wild shoreline of dramatic cliffs and ancient red rocks. It is a place of significant indigenous heritage. Some of this landscape has been affected by bushfire and is in a process of sprouting green regeneration, adding yet another striking element to our experience. This yatra will include 4 key days of walking (up to 14km a day), interspersed with practice days and shorter walks. Included are 2 nights at Wonboyn Resort, overlooking the gorgeous Wonboyn Lake.

Over the duration of the yatra we will develop safe and supportive conditions to investigate the joys and challenges of the inner life while being held in the wild beauty of nature. The yatra schedule combines extended periods of walking in nature, sitting meditation, silence, yoga, facilitated activities, group circles, discussion, artistic expression and rest. We create an environment where we can reflect and consider our responses to life and the contributions we can offer to the world. The variety of practices will draw from deep ecology, traditional dharma teachings, nature wisdom, science, eco-psychology and tribal traditions.

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. Nights will be accommodated in our personal tents, plus two nights at Wonboyn Resort. 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.

## Facilitator

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Ronny Hickel has studied, practiced and taught in various traditions of yoga, and buddhist dharma for the last 30 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 (no pop-ups)
- 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
- meditation cushion or stool, blanket
- sun screen, insect repellent, blister plasters
- torch and spare batteries
- toiletries, towel, swim wear
- pocket hand sanitiser, face mask (in case of emergency)
- any personal medication or supplements if required

*Pack lightly and tightly – Your luggage is handled daily by the support crew and transported to each new camp site. It is important to keep your belongings confined to your day pack plus **1 piece of well contained luggage.***

## Getting there

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**The Yatra will start on Saturday 24 April in Merimbula at 12.30pm**

Please arrive at our meeting point (exact location TBA) in Merimbula at 12.30pm for a 1pm departure to our first campsite in the Nadgee Reserve. The retreat program will commence at 4pm. Dinner will be served at 6pm.

Please note there are currently no flights on weekends to or from the Merimbula airport.

**The Yatra will end on Sunday 2 May at Saltwater campground at 11am**

We will provide transport to Merimbula after the retreat arriving there around midday.

## Retreat cost

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**Cost: \$760 base-fee plus dana**

THE BASE FEE covers the running cost of the retreat, including all meals and catering, hire of support vehicles, resort accommodation, camping and national park fees, administration and some travel expenses for the team.

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

DANA – Generosity: Following an old Buddhist tradition the teachers and organisers on this retreat do not charge for their offerings. At the end of the retreat there will be a donation box and donations for the teachers and organisers will be gratefully received. Dana supports accessibility to the dharma, keeps events affordable, and cultivates a spirit of generosity.

## How to book?

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1. Fill out and submit the online registration form - [CLICK HERE!](#)
2. Secure your booking by making full payment by electronic money transfer to:  
**Name: Yatra**  
**BSB: 722744 (Southern Cross Credit Union)**  
**ACC: 100134728**  
Please state '**FSCY21**' and '**YOUR NAME**' in the reference box.  
Please contact us if you wish to arrange an alternative payment plan.
3. You will receive a confirmation letter by email to confirm your booking.

Please note that there are only limited places available and that this retreat might book out very quickly.

Our Cancellation Policy: Cancellations before the 5 April 2021 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after the 5 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:

**0434 297 999** or [yatracontact@gmail.com](mailto:yatracontact@gmail.com)