



# FAERY/Queer RAINFOREST Nature RETREAT

Rainforest Meditation Centre  
The Channon Northern NSW  
Monday 31<sup>ST</sup> Jan. - Saturday 5<sup>th</sup> Feb. 2022

## OUR JOURNEY

Set in and adjacent to the Nightcap National Park of Northern NSW and based at the Rainforest Meditation Centre, our 6-day journey will take us deep into the forest and deep into ourselves as we weave our way through this special landscape, part of the Gondwana World Heritage Area.

We come together as a small community of pilgrims living at the Rainforest Meditation Centre and walking through this rich land with its countless expressions of natural beauty. The NATURE/ RETREAT is based on a spirit of simplicity and in that we let go of the usual luxuries of life.

We provide a safe and caring environment where we can explore and exchange our individual experiences and wisdom with likeminded people. The timeless landscape of this remnant rainforest provides an ideal setting for this sacred exploration.

## OUR PROGRAM

The program includes generous time for walking and wandering to explore the surrounding country, as well as for sitting & walking meditation, facilitated activities, group sharing circles, daily yoga practice, art, music, and ceremony. Our intention is to cultivate a space where we can reflect and consider the unique quality of the contribution we make together with our environment and the world, with our unique gifts as LGBTIQ+ people.

The two walking days will vary between 10 to 20 kilometres return with some moderate to difficult sections.

**BE AWARE THAT YOU WILL NEED A GOOD LEVEL OF FITNESS FOR THESE WALKS.**



### WEATHER

The Yatra Retreat is an all-weather event. Rainfall is quite likely as the wet season can begin early. Deep in the rainforest, day temperatures are usually a pleasant 20 degrees, the nights can be cool.

### ACCOMMODATION OPTIONS

The Centre can accommodate a maximum of 30 participants. There are a limited number of single & double cabins and a 6-person room- others will need to bring tents & must sleep under open shelters due to the danger of falling tree limbs. There's also room for 3-4 campervan spaces. We cannot give people a place according to when they enquired/made a booking, but rather according to what available accommodation they would prefer, being aware of some peoples' "special" needs.

**When your application is confirmed by email you will be asked to rank your preferences for various accommodation options and spaces will be allocated. Please do not bank any monies or arrange travel *before* being told your application has been accepted and accommodation allocated.**

### FOOD

Delicious vegetarian meals are offered daily by our faery chef. They will need some help with food preparation, washing up and clean-up on a roster basis. Please indicate any special dietary requirements on the application form and we will do our best to support you.



### DAILY PROGRAM

#### Arrival Day 1

Arrive at the centre at 3pm, settle in, dinner at 6pm, 7.30pm Welcoming and Overview of Retreat, Housekeeping followed by whole group Sharing, short meditation and Bed.

#### In Centre Days 2 & 5

Each day will be wakeup at 6.30am, Yoga and a Meditation till Breakfast at &7.30am, and a daily program from 9-1pm of walking & sitting mediation followed by whole group process. Lunch 1-2, free time 2-4, small group process/ritual 4-5, Dinner at

6pm, evening talk or group sharing 7.30-9 then bed. Both days will be in silence from 9am-6pm, other than when activities require talking.

#### **Walking Days 3 & 4**

Same as above for morning, lunch preparation after breakfast, walk from 9-4, mostly in silence. Evening talk or group sharing 7.30-9 then bed.

#### **Departure Day 6**

Wakeup at 6.30am, Yoga and a Meditation till Breakfast at &7.30am, clean and packup 9-10am, Closing Circle & Transition/Dana talk 10.30- 12, lunch 12.30-1.30, 2pm departure.

**PERSONAL RESPONSIBILITY** It is important for you to understand that the forest is a natural environment and is unpredictable in terms of falling branches, wind, rough terrain, etc. An on-site manager will be available to answer questions, provide access to a first aid kit, or help in the case of an emergency. However, there is no insurance to cover accidents and each person needs to take responsibility for themself while in the forest.

#### **RAINFOREST MEDITATION CENTRE- ETIQUETTE ON RETREAT**

The RMC is stewarded by the Dharmananda Community. To obtain full benefit from this retreat, please arrange your work and personal commitments to stay at the Buddhist based RMC for the full duration. Most of the retreat will be conducted in silence. Smoking is not permitted anywhere within the RMC boundaries.

Participants are requested to observe the Five Precepts and to take up the practices of:

1. Cultivating kindness and refraining from harmful actions.
2. Cultivating appreciation and generosity with possessions and refraining from taking what is not offered.
3. Cultivating inner joy and contentment and refraining from sexual expression.
4. Cultivating truthful and appropriate communication and refraining from speech that distorts or is damaging.
5. Cultivating clarity and refraining from habits that create dullness or heedlessness.

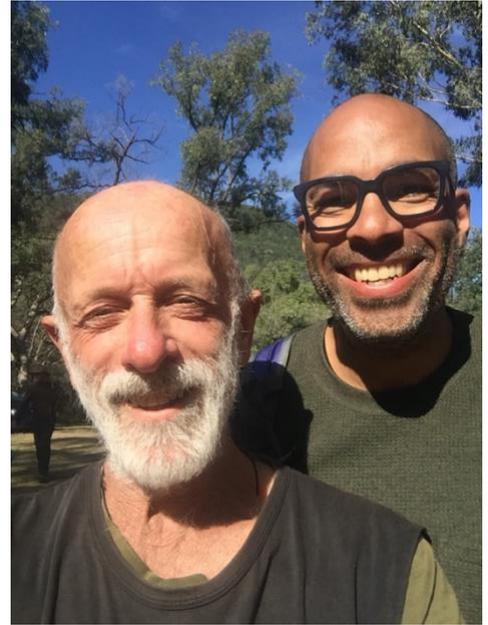


## ORGANISERS/FACILITATORS

**Teacosy/Ian Gray** is an aging (gracefully) privileged white faery elder with many decades of experience in queer community building & living, (Faerieland, Confest Rainbow Village), and in organising Radical Faery gatherings ([ozfaeries.org](http://ozfaeries.org)).

The last 12 years he has helped create and run retreats and yatras for the Yatra Bushwalking Club ([yatra.org.au](http://yatra.org.au)) who will be supporting our retreat. He is based in Goonengerry, Northern NSW and these days works as a retreat cook and community queer historian.

**Dazzler/Darren Riggon** is a mixed raced Queer man originally from the UK. He has been practicing Nichiren Daishonin Buddhism and taught yoga for over 20 years. He is based in Geelong Victoria and works as a Mental Health Nurse Practitioner and Clinical Psychotherapist.



## WHAT TO BRING?

- ✓ \_tent (unless you're not camping)
- ✓ \_warm sleeping bag/sheets/pillow
- ✓ \_camping mat or swag (some cabins have mattresses)
- ✓ \_sun hat, beanie, gloves and rain/wind coat
- ✓ \_appropriate clothing for hot and cooler weather (be prepared for low degrees)
- ✓ \_hiking shoes (walked in, not causing blisters!)
- ✓ \_daypack for walking
- ✓ \_water bottle
- ✓ \_lunch box
- ✓ \_yoga mat, firm meditation cushion, blanket, sarong
- ✓ \_sunscreen, insect repellent, umbrella
- ✓ \_torch (head preferably) and spare batteries
- ✓ \_toiletries, towel, swim wear
- ✓ \_any personal medication or supplements if required.

Pack lightly and tightly.

## MOBILE PHONES & CAMERAS

Reception is poor. We ask that you only use your mobile phone for emergency situations to help you be as present as possible in the retreat setting.

## DRUGS & ALCOHOL

As required according to the 5 Buddhist Precepts at this centre, we ask that you refrain from habits that create dullness or heedlessness.

## FIRST AID

There will be a dedicated 1<sup>st</sup> Aid trained person for daily needs and at least one trained nurse available during emergencies.

## GETTING THERE/WHEN/WHERE

The Yatra Retreat will start on Monday 31<sup>st</sup> January.

Please arrive at the Centre by 3pm

It is important that you arrive at the Centre on time.

For participants who prefer to fly in on the day, please make sure your flight arrives early and that you have arranged transport to the centre- if you're arriving the night before we may be able to help with billeting overnight.

**We will send you the address of the Centre upon confirmation of your application.**

The nearest village to the Centre is the Channon, 20 minutes away. From the Channon its 30 minutes to Lismore & 1 hour to Ballina Airport, 1hour 30 minutes to the Gold Coast Airport.

Parking is very limited, so carpooling is encouraged or get a friend to drop you off/pick you up.

The Yatra Retreat will end on Saturday 5<sup>th</sup> February.

We will finish after lunch on the Saturday by about 2pm. If you can stay behind and help clean, pack up and load up, that would be a great help.

## RETREAT FEES

**Cost: \$350 base fee plus Dana**

Please pay the full amount at the time of registration.

No person will be turned away for lack of funds-contact us if you want to discuss alternative payment plans.

**Please do not bank any monies or arrange travel *before* being told your application has been accepted and accommodation allocated. AN EMAIL CONFIRMING THIS WILL OUTLINE PAYMENT DETAILS.**

## DANA -GENEROSITY

Following an old Buddhist tradition, the teachers and organisers on this yatra do not charge for their services. At the end of the retreat there will be a donation box and dana (monetary gifts at your discretion) will be gratefully received. Dana supports facilitators and organisers, keeps events affordable, and cultivates a spirit of generosity.

## CANCELLATION POLICY

If Covid restrictions intervene, a full refund will be organised less a \$50 administration fee before the 17<sup>th</sup> of January 2022. No refund can be guaranteed for cancellations after that 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.

## APPLYING TO ATTEND

Please note that there are only limited places available and that this Retreat will likely book out very quickly.

### IMPORTANT:

**1. READ this FAERY/QUEER NATURE RETREAT 2022 INFORMATION DOCUMENT thoroughly.**

**2. FILL OUT & SUBMIT the online APPLICATION FORM by clicking here:**

<https://forms.gle/fMjoBydg4je6YeMJ7>

**3. We will contact you within 7 days via email if your application has been successful or if you have been placed on a waiting list. PLEASE DO NOT MAKE ANY PAYMENT or MAKE ANY TRAVEL BOOKINGS BEFORE YOUR PLACE ON THE RETREAT HAS BEEN CONFIRMED.**

**4. PAYMENT - If your application has been accepted you have 3 days to secure your place by making full payment. If we do not receive any payment after 3 days your place may be forwarded to someone on the waiting list. Please contact us if you wish to arrange for an alternative payment plan.**

**5. WAITING LIST - Should the retreat be full, your name will be placed on a waiting list. You will be contacted if a place becomes available.**

### **MORE INFORMATION**

For more information, please contact Dazzler or Teacosy on:

Dazzler/Darren 0449935066 [darren.riggon@gmail.com](mailto:darren.riggon@gmail.com)

Teacosy/Ian 0407891913 [nimbear49@yahoo.com.au](mailto:nimbear49@yahoo.com.au)

This retreat is auspiced by the Yatra Bushwalking Club Inc. (YBC)

The YBC runs several Yatras and Nature Retreats across Australia - see their website for more details.

[www.yatra.org.au](http://www.yatra.org.au)

The Australian Radical Faerys are who they are!!-for more details

[www.ozfaerie.com](http://www.ozfaerie.com)

FACEBOOK -

<https://www.facebook.com/groups/135113909923250>