

YATRA AUSTRALIA



HEART WOOD NATURE RETREAT

Wednesday 26 -
Sunday 30 January
2022
Tasmania

Meditation
Yoga
Hiking
Community
Nature Immersion

HEARTWOOD NATURE RETREAT

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Mersey Forest, Tasmania

Heartwood Nature Retreats provide a space to relax, reflect and re-inspire whilst immersed in nature and the dharma. By sitting and learning together in wild landscapes, we aim to inspire by tending our inner landscape and strengthening our practice, as a direct way of supporting life-affirming interactions in an outer world of change. Heartwood relates to the inner layers of a tree, a cumulative place of strength, natural resistance and innate fragrance.

This Nature Retreat will unfold from our base camp in a splendid natural setting, provided as a container to explore dharma teachings, nature reconnection & pathways to awakening. Retreat practice includes meditation, yoga, silent walks, evening talks, group activities and ceremony. 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, action, sexual expression and intoxicants. Part of our retreat program will be supported by noble silence. All levels of meditation or movement practice are welcome.

The retreat will be based on the spirit of simplicity. Please be prepared for all possible Tasmanian weather conditions, which can include hot days, rain, wind and below zero temperatures (even in summer). Our longest hike will be approximately 15km, and requires a moderate level of fitness.



We will be camping on beautiful private property on the banks of the Mersey River, just outside Lees Paddocks, a picturesque valley underneath peaks of the Cradle Mountain-Lake St Clair National Park. Nights will be accommodated in your own tent. Our 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.

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The Facilitator:

Ronny Hickel has studied, practised 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 Mindful Somatic 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, Buddhist dharma, nature reconnection, deep ecology and the rich indigenous traditions of the world. He now resides in the Tweed Caldera where he works in human development and outdoor recreation, facilitating meditation, yoga and tai-chi classes, nature reconnection retreats, MenAware gatherings and yatras.

What To Bring:

- 3 or 4 season tent (no pop-ups)
- very warm sleeping bag (optional sleeping bag liner)
- camping mat (thermarest)
- sun hat, beanie, gloves and raincoat (optional waterproof pants)
- appropriate clothing for hot, cold and wet weather (please include thermals and avoid hiking in cotton clothing. Woollen or polyester is the safest in wet conditions).
- hiking shoes (walked in, not causing blisters! Be prepared for possible mud!)
- 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
- any personal medication or supplements if required
- journal (optional)

Your belongings will need to be condensed into a suitable bag for carrying (suitcases are not suitable). Participants will need to carry their pack/bag approximately one kilometre from the car park to our base camp. Remember the spirit of simplicity! Have what you need, be prepared, but keep it simple.

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Arrival

Arrival on Wednesday is between **3.30-4.30pm at our campsite**. This gives time to set up your tent and settle in with a cup of tea before dinner at 6pm.

The pick-up time in **Launceston CBD is 11.30am**. The bus will do a second pick up at **Launceston Airport at 12.30pm**.

If arriving on the day, **flights should arrive no later than 11.30am** due to potential entry check delays. Travel requirements can be checked here:

<https://www.coronavirus.tas.gov.au/travellers-and-visitors/coming-to-tasmania>

For those self-driving, we will require car pooling with other participants due to limited parking, as well as reducing our carbon footprint.

Departure

The retreat will end on Sunday 30 January at 10.30am. We will provide transport to **Launceston Airport arriving approximately 2pm**, followed by the CBD. **Flights should be booked for after 4pm on Sunday**.

Retreat cost

Cost: \$590 base fee plus Dana

THE BASE FEE covers meals and catering, support vehicles and equipment, national park fees, administration costs and some travel expenses of the team.

The retreat fee does not include any payment for the facilitator or organiser.

Dana – Generosity: Following an old Buddhist tradition the facilitator and organiser of this retreat do not charge for their contributions. At the end of the retreat there will be dana boxes and dana will be gratefully received. Dana supports accessibility to the Dharma, keeps events affordable, and cultivates a spirit of generosity.

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How to book:

- Read this Information Document thoroughly.
- Fill out & submit the online [APPLICATION FORM](#). *Applications open December 1st @ 8am. Please be aware that places may book out quickly.*
- 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.
- If your application has been accepted you will have 3 days to secure your place by making full payment.
- Please *do not* make a payment or any travel arrangements unless you have been offered a place on the retreat.
- You will receive a confirmation email to confirm your booking once your funds have arrived.
- Please contact us if you wish to arrange an alternative payment plan.

Our Cancellation Policy:

Cancellations before the 5th January 2022 will receive a refund minus a \$50 administration fee. Please be aware that no refunds will be given for cancellations after the 5th January. 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.

The Yatra Bushwalking Club is working within the framework of state guidelines regarding travel, hot spots and public gathering rules. We will not enquire into vaccination status unless required by state guidelines.

For more information please contact Amalia:

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yatracontact@gmail.com