

# MenAware

**Bald Rock National Park, Northern NSW**  
**Wednesday 11 – Sunday 15 May 2022**



*“I recall times in this life when I’ve quietly grieved an absence of deep connectedness with men. At MenAware gatherings I’ve glimpsed that a relationship of trust, emotional honesty and deep listening with men is still a possibility.”*  
*A MenAware participant*

A MenAware Nature Retreat provides an experiential container where our relationship with self, other men and nature can be explored 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 take this into the relationships and the communities we live in. Our 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.

This MenAware Nature Retreat will take us to the largest granite dome in the Southern Hemisphere – Bald Rock. Bald Rock National Park offers an awe-inspiring landscape, with magnificent views, a dramatic display of massive granite rocks, and a variety of hiking tracks in a peaceful surrounding of wildlife and native flowers.

Our journey will start on **Wednesday 11 May @ 11am** in Mullumbimby from where we will embark on a 4hour drive to our base camp in the Bald Rock National Park, north of Tenterfield. We will return to Mullumbimby on **Sunday 15 May 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.

## 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 30 years. He has facilitated on several yatras and nature retreats over the past decade 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 tai-chi 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 tribal traditions as well as modern science. He presently resides in Murwillumbah in the Tweed Caldera where he works in outdoor recreation and human development, facilitating meditation, yoga and tai-chi classes, nature retreats and yatra pilgrimages.

## What to bring?

- ✓ tent
- ✓ sleeping bag, camping mat
- ✓ meditation cushion/stool, yoga mat
- ✓ appropriate clothing for hot, cold and wet weather
- ✓ good (walked in) hiking shoes
- ✓ daypack
- ✓ water bottle, lunch box
- ✓ cup, bowl, plate, cutlery
- ✓ torch and spare batteries
- ✓ toiletries, towel, swim wear
- ✓ musical instruments, journal (optional)





## Cost: \$450 Base Fee (& Dana)

**Base Fee:** The base fee covers all running costs of the retreat including food supplies, catering, camping fees, fuel, equipment, administration costs, etc.

**Dana:** The facilitators and organisers on this retreat do not charge any payment for their contributions. At the end of the retreat there will be an opportunity to offer your monetary gift to the organisers and facilitators of the retreat. Your dana contribution supports the economy of a gift, 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:** 722744 (Southern Cross Credit Union)  
**Account No:** 100134728  
Please state 'MA22' and 'YOUR NAME' in the reference box.
3. You will receive a confirmation letter by email to confirm your booking. 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 25 April 2022 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.



For more information please contact Ken on:  
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