

YATRA AUSTRALIA



HEART WOOD NATURE RETREAT

Trephina Gorge,
Northern Territory
23 - 28 July 2022

Meditation
Yoga
Hiking
Community
Nature Immersion

HEARTWOOD NATURE RETREAT

Saturday 23 - Thursday 28 July 2022

Trephina Gorge, East MacDonnell Ranges, NT

A Heartwood Nature Retreat provides a space to relax, reflect and re-inspire whilst immersed in nature and the dharma. By sitting and learning together in wild country, 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.

A nature retreat unfolds from a base camp in a splendid natural setting, providing a supportive container to cultivate vivid connections to country, our inner life and direct pathways to awakening. Our practice includes mindfulness meditation, yoga, silent walks, evening talks, group activities and ceremony. Our exploration is conducted under the shelter of ethical observations, which create a safe, caring and conscious environment for human development. The ethical trainings invite us to restrain from harmful speech, action, sexual expression and intoxicants. Part of our program will include prolonged periods of noble silence. All levels of experience in meditation and movement practice are welcome.

Accommodation will be in our personal tents. A camp kitchen will provide hearty vegetarian meals and a support team will take care of retreat logistics. At times the team will require help with food preparation, washing up, and tending to the camp.



On this nature retreat in Central Australia we will base ourselves in a simple bush-camp amongst the spectacular red cliffs of Trephina Gorge. Our Bluff camp with steep rocky slopes rising dramatically from the red desert, and its wide sandy river bed framed with River Red Gums, presents a breath taking impression of Australian wilderness.

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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
- very warm sleeping bag (minus 5 degrees comfort)
- camping mat (thermarest)
- sun hat, beanie, gloves and raincoat
- appropriate clothing for hot and cold weather
- hiking shoes (walked in, not causing blisters)
- gaiters (optional)
- daypack for walking
- water bottles, 2L minimum
- lunch box, cup, bowl, plate, cutlery, tea towel
- meditation cushion or stool, yoga mat and blanket
- sun screen, insect repellent, fly net for hat (optional)
- torch and spare batteries
- toiletries, towel, swim wear
- blister plasters
- any personal medication or supplements if required
- journal (optional)

Our nature retreat is based on the spirit of simplicity! Be prepared, but keep it simple. The rugged country and harsh climate can potentially provide challenging conditions including hot days, freezing nights, wind, dust and flies. Generally rainfall is highly unlikely that time of the year, day temperatures are usually around 20 degrees and nights are very cold and can drop below zero.

Our longest hike will be about 15km, and requires a moderate level of fitness.

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Arrival

On **Saturday 23 July** we will meet at **12:30pm** in the carpark **outside** the **Alice Springs Tourist Park**.

The [Alice Springs Tourist Park](#) is situated opposite the Araluen Cultural Centre and offers budget accommodation and campsites.

We will leave from the caravan park at 1pm to drive 85km to our camp at Trepina Gorge in the East MacDonnell Ranges. This gives time to set up your camp and settle in with a cup of tea before dinner at 6pm.

For participants who fly in on the day, we will arrange a **pick up** from **Alice Springs Airport** at **1:30pm**. Please make sure your flight arrives no later than 1pm on the day. Note that flight options to Alice Springs are very limited and we are travelling in peak tourist season. We recommend that you book your flight as soon as your place on the retreat is confirmed.

Departure

The retreat will end on **Thursday 28 July** at **10am**.

We will provide transport back to the **Alice Springs Airport** arriving approximately at **12noon**. Please book your flight for after 1pm on that day.

We will arrive back at the **Alice Springs Tourist Park** around **12:30pm**.

Retreat cost

\$1000 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 means generosity. Following an old Buddhist tradition the facilitator and organisers of this retreat do not charge a fixed fee for their contributions but offer their services as a gift. At the end of the retreat there will be an opportunity to offer dana in form of a monetary gift in return. Dana supports the livelihood of yatra facilitators and organisers, keeps dharma accessible and 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 April 11th @ 8am. Please be aware that the number of applications is limited.*
- We will notify 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 your 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.

Our Cancellation Policy:

Cancellations before the **1st July 2022** will be refunded their payment minus a \$50 administration fee. Unfortunately we are no able to offer any refunds for cancellations received after the 1st July. If you need to cancel please make sure you inform us in time so that your place can be offered to someone else.



For more information please contact Amalia:
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