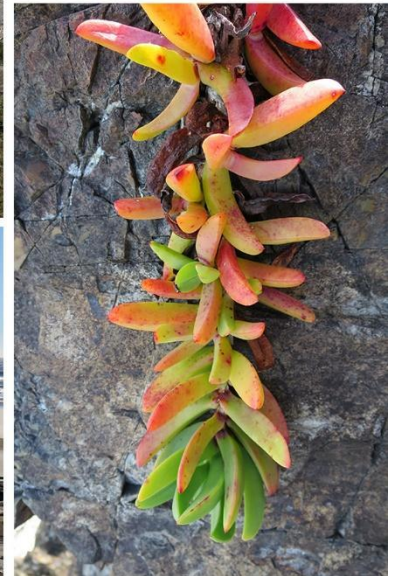


Dharma Yatra

Yuraygir NP, Northern NSW

Sunday 23 – Sunday 30 October 2022



Our Journey

'Yatra' is the Sanskrit word for pilgrimage. A yatra is a pilgrimage which offers an opportunity to explore dharma teachings whilst hiking through some of the most pristine natural landscapes in Australia.

On this *Dharma Yatra* we will cultivate a supportive environment to investigate our relationship to self, others and our natural environment in order to deepen our sense of interconnection. The program will provide a flexible combination of silent periods for yoga, meditation, and reflective walking (wandering), as well as time for facilitated exercises, workshops, group circles, and artistic expression. The variety of practices will draw on traditional dharma teachings and meditation practices from the Buddhist and Yoga traditions, as well as science, deep ecology, and tribal traditions.

This yatra follows the wandering trails of Australia's coastal emus through Yuraygir National Park. We will traverse the coastline from Lake Arragan to Red Rock. Wildlife and wildflowers abound as we walk past heathland plains, long sandy beaches, tranquil creeks, lagoons and rocky headlands.

Accommodation will be in our personal tents. An accompanying cook will take care of our meals which will all be vegetarian. A support vehicle will transport participant camping gear from site to site. The Dharma Yatra will require active support from the participants with kitchen duties, fire, water, equipment and setting up/packing down the camps.

Facilitators

Brother Tenzin (Dr. Alex Anderson) began with an ecologist's understanding of interdependence, but the rainforest soon led him to Buddhist meditation. Now ordained as a monk in the Sakya Tibetan tradition, he has also studied and practiced meditation under Zen Master Thich Nhat Hanh at Plum Village in France, and at Pa Auk Tawya in the Burmese Forest tradition. Guided by his main teacher Bhante Dhammadipa, his approach is informed by Theravadin, Zen, and Vajrayana methods of meditation and mindfulness, as well as Hatha Yoga, Deep Ecology, and his deep love of wild places. He currently lives on Gumbayngirr country on the Dorrigo Plateau, where he has a project to co-create community space for meditation and nature connection: <http://www.gaiaforest.org>

Robyn Gibson has been studying and practicing meditation for over 25 years, and teaching in the Insight Meditation tradition since 2016. She also studied yoga in the Satyananda tradition for several years. She has facilitated sitting groups and managed retreats for many years, and was EO of Melbourne Insight Meditation for three years. Robyn's teaching reflects her dedication to the dharma as taught by the Buddha, ecological reconnection and immersion in nature, and creative expression. Robyn lives on Dja Dja Wurrung country in Castlemaine, Victoria, working as an artist/printmaker, and facilitator of single- and multi-day meditation retreats and workshops.

The retreat will be conducted under the shelter of ethical principles, which create a safe, caring and conscious environment for spiritual practice. On the retreat the precepts invite us to restrain from harmful speech and actions, sexual expression and intoxicants. Certain periods on the retreat will be in silence. The meditation instructions are mainly based on the Buddhist mindfulness traditions, the yoga exercises are suitable for beginners and are designed to support our process during our pilgrimage.

What to bring?

- tent
- warm sleeping bag
- camping mat (thermarest)
- sun hat, beanie
- rain/wind coat
- appropriate clothing for hot and cold weather
- comfortable shoes (walked in and not causing blisters!)
- daypack for walking
- water bottle(s) for 2 litres or more
- cup, bowl, plate, cutlery
- lunch box
- sun screen, insect repellent, blister plasters
- torch and spare batteries
- toiletries, towel, swim wear
- any personal medication or supplements if required
- journal, musical instruments (optional)

Pack lightly and tightly – The entire luggage and equipment must be transported in our support vehicles. Please keep your main luggage confined to one or two bags.



Getting there

The yatra will start at Lake Arragan Campground at 4.30pm on Sunday 23 October.

Arriving by plane: We will arrange transport from Ballina Airport to Lake Arragan Campground. We will leave the airport at 2pm.

Note: At the time of writing there are several flights from Sydney and Melbourne to Ballina with suitable arrival times before lunchtime.

Self-drive: Parking is available for the duration of the yatra at Lake Arragan Campground. Please arrive by 3:30pm so we can shuttle your car to the parking spot (1.5km from our camp). There is an option in the booking form to request/offer a car-share.

We aim for all participants to gather at Lake Arragan campground by 4.30pm to settle into camp. Dinner will be served around 6:00pm followed by a brief yatra introduction.

The yatra will end at Red Rock around lunchtime on Sunday 30 October.

We will arrange transport back to Lake Arragan by 2pm and Ballina airport by 3.30pm.

Note: At the time of writing the Ballina-Sydney & Ballina-Melbourne flights depart around 4.30pm or later.

Cost: Base Fee \$750 plus Dana

THE BASE FEE covers the running cost of the yatra, including all meals and catering, hire of support vehicles, 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: Please note that a substantial part of this Yatra is organised on a dana basis. The facilitators and organisers on this yatra do not charge a fixed payment for their offerings. At the end of the yatra there will be an opportunity for you to offer a monetary gift back to the facilitators and organisers. Your dana contribution supports the livelihood of facilitators and organisers, fosters an economy of a gift, keeps events affordable, and cultivates a spirit of generosity.

How to book?

1. READ this Information Document carefully.
2. APPLICATION - Fill out and submit the online [APPLICATION FORM](#). Applications open Monday 15th August at 8am. Please be aware that the number of applications is limited.
3. APPROVAL - We will contact you within 7 days if your application is successful or if you have been placed on a waiting list.
4. PAYMENT - If your application has been accepted we will provide payment details and you will have 3 days to secure your place by making full payment. *Please do not make a payment or any travel arrangements until you have been offered a place on the yatra.* You will receive a confirmation email to confirm your booking once your funds have arrived.

Our cancellation policy:

Cancellations before the 2nd October 2022 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after this date.

For more information please contact Matt on 0490 330 632

yatracontact@gmail.com