

MenAware

Lake Arragan, Yuraygir National Park,
Mid-North Coast NSW
Thursday 6th - Sunday 9th October 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 shores of Lake Arragan, a place of peaceful paperbark wetlands and coastal rainforests, spectacular sea cliffs and pristine beaches in Yuraygir National Park, the largest coastal park in NSW.

Carpooling for those based in the Northern Rivers will depart on [Thursday 6th October @ 11am](#) from Mullumbimby, from where we will embark on a 1.5 hour drive to Lake Arragan Campground in Yuraygir National Park, close to the town of MacLean, near Grafton. We will return to Mullumbimby on [Sunday 9th October by 6pm](#). Carpooling or direct travel for participants in other locations can be organised after registration.

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 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.

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>.

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: \$350 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: Please note that a substantial part of this Nature Retreat is organised on a dana basis. The facilitators and organisers on this retreat do not charge a fixed payment for their offerings. At the end of the retreat there will be an opportunity for you to offer a monetary gift back to the organisers and facilitators. Your dana contribution supports the livelihood of organisers and facilitators, fosters an 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 'MA22B' 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 25th September 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 Br. Tenzin on:
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