

YATRA AUSTRALIA



HEART WOOD NATURE RETREAT

Mt Field NP,
Tasmania

5 - 9 February 2023

Meditation

Yoga

Hiking

Community

Nature Immersion

HEARTWOOD NATURE RETREAT

Sunday 5 - Thursday 9 February 2023
Mt Field National Park, Tasmania

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 to 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, 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 the Mt Field Government Huts. 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 our camp.



On this nature retreat in Tasmania we will base ourselves at the Mt Field Government Huts, situated about 1000m elevation. They are nestled among snow gums and overlook a beautiful alpine moorland. There are 6 single bunk beds per hut and the facilities are very basic, including no electricity.

HEARTWOOD NATURE RETREAT

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 reverence 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:

- very warm sleeping bag
- sun hat, beanie, gloves and raincoat
- appropriate clothing for hot and cold weather
- hiking shoes (walked in, not causing blisters)
- daypack for walking
- water bottles, 2L minimum (3L recommended)
- lunch box, cup, bowl, plate, cutlery
- meditation cushion or stool and blanket
- yoga mat
- sun screen, insect repellent
- 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. This country and southern climate can potentially provide varying weather including sunny exposed days, cold nights, wind, rain and even snow. Average temperatures for this time of year are around 3 - 16 degrees Celsius.

Our tracks lead through a wonderful terrain of sub-alpine forests and open moorland and may be at times exposed, rough and very steep. Participants need to be able to walk 15km and a good level of fitness is required.

HEARTWOOD NATURE RETREAT

Arrival

For those requiring a pick up, on **Sunday 5 February** we will meet at **12:30pm** in the **Hobart CBD**.

For participants who fly in on the day, there will be a pick up from **Hobart Airport** at **1:30pm**. **Please make sure your flight arrives no later than 1pm on the day.**

For those **self driving** (we encourage car pooling), **arrival is approximately 4pm** at the Mt Field Government Huts.

The Government Huts are located 16km from the Mount Field Visitor Centre on Lake Dobson road. Lake Dobson road beyond the visitor centre to the Government Huts is unsealed, narrow and windy in sections, and requires suitable vehicles for this terrain. We recommend people offer sturdier 2WDs or above for car pooling. Please allow 25min driving time from the Mt Field Visitor Centre to the Government huts. Vehicles driving to the huts require **National Parks Passes** (<https://passes.parks.tas.gov.au/>).

Arrival at the huts around 4pm gives time to settle into your huts and have a cup of tea before dinner at 6pm. The retreat program will start after dinner at 7pm.

Departure

The retreat will end on **Thursday 9 February at 10am**.

For those flying out on the day we will provide transport back to the **Hobart Airport** arriving approximately at **1pm**. **Please book your flight for after 2pm.**

We will arrive back in the **Hobart CBD by 2pm**.

Retreat cost

\$620 base fee plus Dana

The Base Fee covers meals and catering, support vehicles and equipment, accommodation, 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 and forms a substantial aspect of providing this retreat. Following an old Buddhist tradition the facilitator and organiser 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 the form of a monetary gift in return. Dana supports the livelihood of yatra & retreat facilitators and organisers, keeps the dharma accessible and affordable, and cultivates a spirit of generosity.

HEARTWOOD NATURE RETREAT

How to Apply:

1. **Application:** Read this Information Document thoroughly. Fill out & submit the online **APPLICATION FORM**. Applications open on *Monday 14th Nov @ 8am AEST*. Be aware that the number of applications is limited.
2. **Confirmation:** 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. Please do not make a payment or any travel arrangements unless you have been offered a place on the retreat.
3. **Payment:** If your application has been accepted you will have 3 days to secure your place by making your payment. You will receive a confirmation email to confirm your booking once your funds have arrived.

Our Cancellation Policy:

Cancellations *before the 16th January 2023* will be refunded their payment minus a \$50 administration fee. Unfortunately we are not able to offer any refunds for cancellations received after the 16th January. 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:
yatracontact@gmail.com**