

# Tasmania Yatra 2023

## Bay of Fires / Mt William National Park

### Friday 24 February – Sunday 5 March



#### Our Journey

Yatra is the Sanskrit word for pilgrimage. A yatra is a unique journey providing a special environment to engage with and enquire deeply into the potential of 'human awakening'. It offers an integrative experience combining physical, emotional, intellectual and spiritual exploration in a secular environment. Being primarily based in the Buddhist tradition we also respect and draw from the wealth of many other traditions. Apart from the walking time, there will be daily periods of sitting meditation, yoga or movement practice, small discussion groups, dharma talks and personal time to socialise or be with nature.

The Tasmania Yatra 2023 will stretch from the pristine beaches in the southern part of the Bay of Fires, past the most eastern point of Tasmania at Larapuna (Eddystone Point) and into Wukalina/Mount William National Park in the north. This region is an area rich in both natural and cultural heritage, and descendants of the original inhabitants continue their strong connection to the land. The coastline is famous for its orange lichen-covered granite boulders and white sandy beaches sloping gently into crystal clear water. It is widely regarded as one of the most beautiful coastal regions in Australia and although some campsites can be popular with visitors, it is still possible to disappear into remote solitude.

The daily walking distance will vary, with participants required to be able to walk 17km. Some sections will lead through remote and rocky terrain requiring a good level of fitness. The yatra is an all weather event. Tasmania is known for its changeable conditions which can be very hot and exposed, wet, cold and windy. Before booking please ensure that you are prepared for all weather, have all the required equipment and the required fitness levels.

The yatra will be based on the spirit of simplicity in that we let go of the usual luxuries of life. We will be accommodated each night in our personal tents. An accompanying support team will provide hearty vegetarian meals, transport our luggage and take care of logistics. At times help will be required with food preparation, clean-up, and setting up/packing down our camp.

The yatra will be conducted under the shelter of Buddhist ethics which create a safe, caring and conscious environment for spiritual practice. On retreat, ethical conduct invites us to restrain from harmful speech and actions, sexual expression and intoxicants. The majority of our retreat program will be supported by noble silence. The meditation instructions are primarily grounded in the Insight Meditation method. The yoga and movement exercises are suitable for all levels and are designed to nourish our physical condition and assist our mindfulness practice.

## Facilitators

**Jess Huon** has been engaging in meditative and embodiment practices since she was seventeen years old in Asia, Australia, Spain, and the USA. She has trained in traditional Buddhist monastic settings, in inter-faith contexts of meditative inquiry, and also within long periods of solitary forest practice. Holding a Bachelor of Creative Arts (VCA), and a post grad in the therapeutic arts practice (RMIT), Jess brings traditional teaching alive in a fresh, accessible, and transformative manner. A natural orator, her talks have been described as “street language for the soul”. Whilst deeply informed but not bound by tradition, her style is grounded in contemporary life. Jess teaches retreats and offers public talks in Australia and overseas. When based in Melbourne she writes and co-directs with rollercoaster theatre company, a company of actors with intellectual disabilities. She teaches regularly at Melbourne Insight. ([www.jesshuon.com](http://www.jesshuon.com)).

**Ronny Hickel** has studied, practised and gradually 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 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, nature connection, deep ecology and the rich spiritual traditions of the world, including tribal traditions, Buddhism, yoga and modern science. He currently resides in the Northern Rivers region of NSW where he works in human development and outdoor recreation, facilitating meditation, yoga, tai-chi, nature reconnection, MenAware retreats and yatras.



## What to bring

- tent (3 season, no pop ups)
- warm sleeping bag
- camping mat (thermarest)
- meditation cushion/stool and blanket
- sun hat, beanie, gloves and rain coat
- appropriate clothing for hot, very cold and wet weather
- hiking shoes (walked in, not causing blisters)
- daypack for walking
- water bottle - 2L minimum (recommended 3L)
- cup, bowl, plate, cutlery, (optional teatowel)
- lunch box
- sun screen, insect repellent, blister plasters
- torch and spare batteries
- toiletries, towel, swimwear
- any personal medication or supplements if required

Pack lightly and tightly – Your luggage is handled by the support crew and transported to each new camp site. Please keep your luggage confined to one bag preferable, two bags maximum.

## Getting There

### Arrival

The Yatra begins on Friday 24th February.

There will be a **12:30pm pick up from Launceston CBD** at the Cornwall Square Transit Centre, St John St entrance (near The Elm St Cafe).

Followed by a **Launceston Airport pick up at 1:30pm** (the bus parking bay to the left of the main terminus). If you fly into Launceston on the day please arrange your flight to arrive before 1pm.

For those self-driving, there is an option to park your vehicle in St Helens for the duration of the yatra. There is a gravel off-street parking area opposite the RSL on the corner of Quail St and Cecilia St. The yatra bus will pick up self drivers and their gear from here at 3.45pm. We encourage carpooling to reduce our carbon footprint.

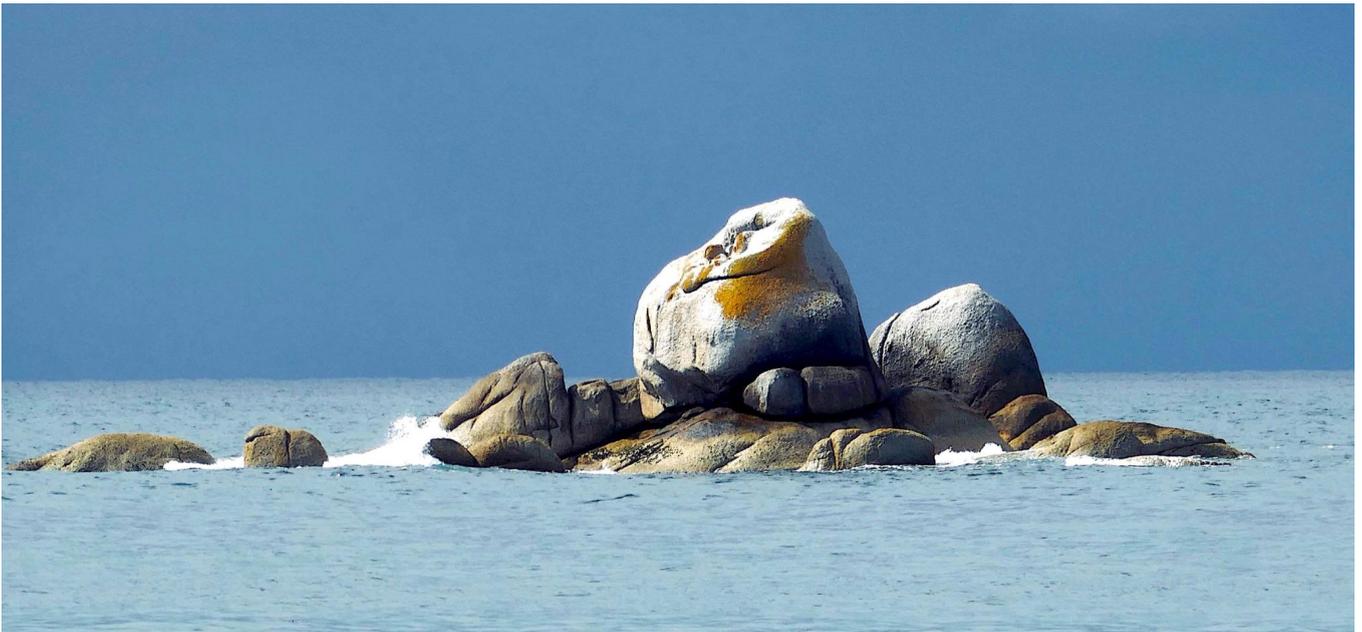
Arrival at the first site will be between 4.00 - 4.30pm to settle into camp. Dinner will be served at 6pm.

### Departure

The Yatra will end at Stumpy's Bay, Mt William National Park, on Sunday 5 March at 9am.

We will provide a bus service back to Launceston CBD by 12 noon (Cornwall Square Transit Centre) and Launceston Airport by 12.30pm. For those flying out please **arrange your flights for after 1.30pm**.

We will shuttle self drivers back to their cars in St Helens after we have packed down our camp, around lunchtime.



## Cost: \$820 base fee plus Dana

**THE BASE FEE** covers the running costs of the yatra including all meals and catering, support vehicle hire, camping and national park fees, administration costs and logistics.

*The base fee does not include any payment for the facilitators and organiser.*

**DANA** means generosity and forms a substantial aspect of providing this yatra. Following an old Buddhist tradition the facilitators & organisers of this yatra do not charge a fixed fee for their contributions, but offer their services as a gift. At the end of the yatra there will be an opportunity to offer dana in the form of a monetary gift in return. Dana supports the livelihood of yatra facilitators & organisers, keeps the dharma accessible and affordable, and cultivates a spirit of generosity.

## How to Apply

### 1. APPLICATION:

Please read this info document thoroughly and fill out & submit the online [APPLICATION FORM](#). Applications open on *Monday 14th November at 8am*. Please 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 yatra.

### 3. PAYMENT:

If your application has been successful 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. If we do not receive a payment after 3 days your place may be forwarded to someone else on the waiting list. Please contact us if you wish to arrange an alternative payment plan.

### Our Cancellation Policy:

Cancellations *before the 10th February 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 10th February. 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** at  
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