

YATRA AUSTRALIA

HEART WOOD NATURE RETREAT

Aragunnu
Mimosa Rocks NP
Far South Coast
NSW

26 - 30 April 2023

Meditation
Yoga

Hiking
Community
Nature Immersion

HEARTWOOD NATURE RETREAT

Wednesday 26 - Sunday 30 April 2023

Aragunnu, Mimosa Rocks NP, Far South Coast NSW

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 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 our camp.



Aragunnu is a beautiful campground nestled amongst the trees in the Mimosa Rocks National Park, on the Far South Coast of NSW. It is a special place of significant aboriginal heritage, wild coastal bushland and pristine sandy beaches.

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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 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:

- 3 or 4 season tent
- very warm sleeping bag
- camping mat (thermarest)
- 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 coastal country can potentially provide challenging conditions including rain, cold nights and wind. Average temperatures for this time of year are around 9 - 23 degrees Celsius.

Our tracks are mainly coastal, with sections of rocks and sand. A basic level of fitness is required.

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Arrival

Our meeting point on Wednesday 26 April will be at the 'Tanja Community Hall', Tanja. It is important that you arrive at the hall by 1.30pm.

Car parking will be available on a private property near the Tanja Hall. We will then collectively carpool and drive you and your gear to the Aragunnu campsite situated about 20 minutes from Tanja. The retreat program will start at 4pm. Dinner will be served at 6pm.

Car Pooling

Only a limited number of vehicles are permitted in the national park and carpooling will be essential. Most participants will not be able to drive their personal vehicles to the campsite. Your understanding and support is greatly appreciated.

The closest airport is Merimbula Airport serviced by ReX airlines. We will arrange car pooling for those who need a pick up from Merimbula airport. **Flights will need to arrive before 12 noon.**

Departure

The retreat will end on Sunday 30 April at 11am and we will aim to have you back at the Tanja Hall by 12 noon. We will organise car pooling to the airport if anyone has a flight to catch. **Please book any flights from 3pm onwards.**

Retreat cost

\$640 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 facilitators and organisers, keeps the dharma accessible and affordable, and cultivates a spirit of generosity.

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How to Apply:

1. **APPLICATION:** Please read this info document thoroughly and fill out & submit the online [APPLICATION FORM](#). Applications open on Tuesday 17th January at 8am AEST. The retreat is limited to 50 applications. Out of these we will select the participants. Remaining applications will be put on a waiting list.
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 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 5th April 2023 will be refunded their payment minus a \$50 administration fee. Unfortunately we are not able to offer refunds for cancellations received after the 5th April. 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**