

Tasmanian Nature Retreat

with Sea-kayaking

Pirate's Bay, Tasman Peninsula

Wednesday 29 March – Sunday 2 April 2023



Our Journey

A nature retreat facilitates 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. The retreat program will include daily periods of sitting meditation, yoga or movement practice, small discussion groups, dharma talks and personal time to socialise or be with nature.

This exceptional nature retreat will take us to the Tasman Peninsula at the south east corner of Tasmania and will feature a unique sea-kayaking component. The Tasman Peninsula is best known for being home to the iconic three capes and the spectacular dolerite sea cliffs that surround it. The sea-kayaking on the peninsula is world class with many people making the pilgrimage to her waters every year. Sea-kayaking is an amazing way to get up close with some of the best parts that the Peninsula has to offer. With plunging sea cliffs, historic shipwrecks, seals playing in the colonies and majestic sea eagles flying overhead there is no shortage of experiences to leave you humbled and in awe of this wild coastline. During the retreat we will base ourselves at a beautiful private property overlooking Pirate's Bay at Eaglehawk Neck, with plenty of space for camping, practice and gentle walks amongst her giant trees and ferns.

We will provide all the required sea kayaking equipment (kayaks, paddles, lifejackets and wetsuits) and two professional guides will lead the kayaking periods with safety briefings and instructions on what to do before and during our paddle sessions. No previous experience is necessary, although a moderate level of fitness is desirable. We will be accommodated each night in our personal tents. Our retreat cook will provide hearty vegetarian meals and at times help will be required with food preparation, clean-up, and setting up/packing down our camp. The retreat is an all weather event. Tasmania is known for its changeable conditions which can be very hot and exposed, wet, cold and windy. Before applying please ensure that you have the required fitness level and that you are prepared for all weather conditions.

Facilitator

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.

The retreat 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.

What to bring

- tent
- warm sleeping bag
- camping mat (thermarest)
- meditation cushion/stool and blanket
- sun hat, beanie, and rain coat
- appropriate clothing for hot, very cold and wet weather
- hiking shoes (walked in, not causing blisters)
- Thermal top, pants and socks for kayaking
- Sandals or shoes for kayaking
- daypack (or wet bag)
- water bottle - 2L minimum (recommended 3L)
- cup, bowl, plate, cutlery
- 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 – Please keep your luggage confined to one bag preferable, two bags maximum.

Cost: \$1130 base fee plus Dana

THE BASE FEE covers the basic running costs of the retreat and includes hire of all sea-kayaking equipment and two professional guides, insurance, all meals and catering, transport costs, camping fees, and administration fees.

The base fee does not include any payment for the facilitator and organisers of this retreat.

DANA means 'generosity' and is a traditional Buddhist principle of a gift economy. Dana forms a substantial aspect of providing this retreat. Following this Buddhist tradition the facilitators & organisers 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 & organisers, keeps the dharma accessible and affordable, and cultivates a spirit of generosity.

Getting There

Arrival

The retreat begins on Wednesday 29th March 2023.

There will be a **1pm pick up from Hobart CBD** at *Dunn Place car park* opposite Tasmanian Museum.

Followed by a **Hobart Airport pick up at 1:30pm** (the bus parking bay is to the left of the main terminus). If you fly into Hobart on the day please arrange your flight to arrive by 1:00pm.

For those self-driving, there is an option to park your vehicle at the camp for the duration of the retreat. We encourage carpooling to reduce our carbon footprint.

Please arrive at the camp between 2.00 and 3.00pm to settle into camp. The retreat program will commence around 4pm. Dinner will be served at 6pm.

Departure

The retreat will end on Sunday 2 April at 11am.

We will provide a bus service **back to Hobart airport by 12:00noon** and **Hobart CBD by 12.30pm**. For those flying out please **arrange your flights for after 1.30pm**.

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**. The retreat is limited to 30 applications. Out of these we will select 16 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. This retreat is limited to 16 participants only. 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 March 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 March. If you need to cancel please make sure you inform us in time so that your place can be offered to someone else.



For further information please email yatracontact@gmail.com