

Tasmania Yatra 2016

Bruny Island

Deep Ecology Yatra: Mon 15 Feb - Thur 18 Feb

Dharma Yatra: Fri 19 Feb - Sun 28 Feb



The Journey

Yatra is the Sanskrit word for pilgrimage. A yatra is a pilgrimage which offers an opportunity to explore Dharma teachings while hiking through some of the most pristine natural landscapes in Australia. A yatra is based on a spirit of simplicity, in that we let go of the usual luxuries of life, and simply walk in the company of like-minded people, enjoying the countless wonders of the inner and the outer life. Apart from the walking time there will be daily periods for sitting meditation, a basic yoga practice, meetings in small discussion groups, dharma talks and personal time to socialise or be with nature.

This year's Tasmanian yatra experience will consist of two yatras running back to back: A shorter 4 day Deep Ecology Yatra facilitated by John Seed and Ronny Hickel, followed by the annual Dharma Yatra with Jess Huon and Ronny Hickel. There will be an option to sign up for both yatras, which will follow a consecutive route, or join just one.

Our journey will take us into the spectacular natural landscape of Bruny Island in the south of the State. The island is a 1hr drive south of Hobart and is reached by crossing the beautiful D'entrecasteaux Channel on a car ferry. Our walk will take us among the coastal lagoons, pristine beaches and rugged dolerite cliffs that overlook Storm Bay and the southern ocean. The inland section will see us meandering down some quiet country roads and bush tracks through both tall forests and lush farmland. Bruny Island is home to fur seals, little penguins, shearwaters, sea eagles, pademelons, white wallabies, quolls and many other creatures. It also has the worlds largest population of the endangered Forty-Spotted Pardalote.

Distances will vary from 10 to 20km daily so a medium level of fitness will be essential. Walkers can anticipate some hot dry days but it is not uncommon to have heavy rain and cold strong winds in this region in February so please come well prepared.

Accommodation will be in our personal tents. An accompanying support team will take care of meals and luggage. The support team will need some help with food preparation, washing up, luggage and setting up and packing up the camp sites.



Facilitation

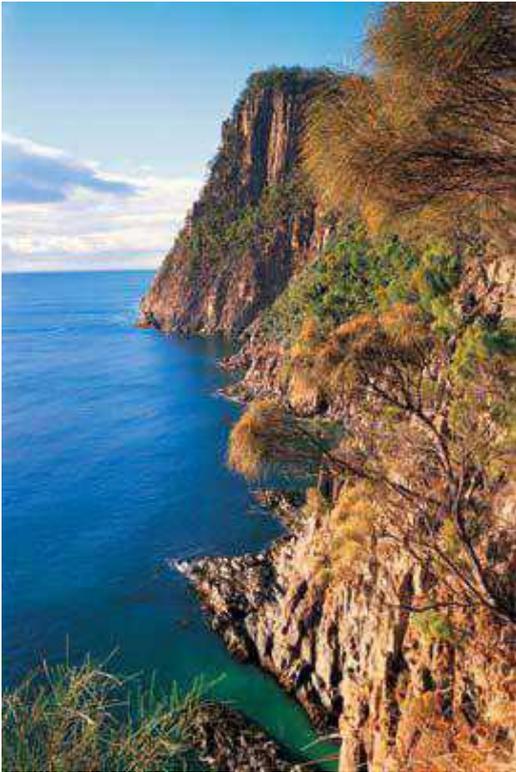
John Seed is an environmental activist who has been working for the world's forests since 1979 and in 1995 was awarded an Order of Australia Medal for services to conservation. He is also a leading light in the Deep Ecology movement and, in 1988, co-authored "Thinking Like a Mountain – Towards a Council of All Beings" the seminal work in experiential deep ecology. He has been facilitating experiential deep ecology workshops all around the world. He has been involved in Buddhist meditation practice since 1973 and has taught deep ecology and engaged Buddhism at Sanghas in Australia, the US and UK.

Jess Huon is a published writer and has been passionately practising meditation within a variety of Buddhist lineages since she was seventeen, both in Australia and Asia. After completing a degree of creative Arts at VCA she engaged in a two year self retreat, living within relative solitude. Since then her energy has been directed into two main areas - dharma and the arts. She holds retreats in Australia, teaches regularly with Carol Perry and Anton Eastick at the Melbourne Insight group, and has taught in India with both Christopher Titmuss and Open Dharma. Open Dharma had encouraged Jess to teach the dharma, (www.opendharma.com).

Ronny Hickel is an affiliated teacher of the Satyananda Yoga Academy who has studied and taught in various traditions of yoga and insight meditation since 1992. He is a qualified outdoor recreation guide and has also trained in Hakomi Psychotherapy. Originally from Austria, Ronny moved to Australia in 2000 after traveling through India and South East Asia for numerous years. He presently lives with his family in the Tweed Caldera N-NSW, developing a small sustainable farm. He also runs a small business for personal development and outdoor recreation, teaches yoga and tai-chi, and facilitates workshops, retreats and yatras.

The yatra will be conducted under the shelter of the Five Ethical Precepts, which create a safe, caring and conscious environment for spiritual practice. On the walk the precepts invite us to restrain from harmful speech and actions, sexual expression and intoxicants. The walking periods will be in silence. The meditation instructions are based on the Insight Meditation (Vipassana) Tradition. The yoga exercises are suitable for beginners and are designed to support our physical condition and our mindfulness practice on the yatra.

What to bring?



- ✓ tent
- ✓ sleeping bag (good quality)
- ✓ camping mat (NO MATTRESSES PLEASE)
- ✓ sun hat, beanie and rain coat, rain pants
- ✓ appropriate clothing for *hot, very cold* and *wet* weather, including thermal underwear
- ✓ good (walked in) hiking shoes
- ✓ daypack for walking
- ✓ water bottle(s) for 2 litres or more
- ✓ cup, bowl, plate, cutlery
- ✓ lunch box
- ✓ sun screen, insect repellent, blister plasters
- ✓ torch and spare batteries
- ✓ toiletries, towel, swim wear
- ✓ any personal medication or supplements if required

Pack lightly and tightly – Please keep your luggage confined to two bags maximum.

How to get there?

At the beginning of both yatras, Deep Ecology and Dharma, we will provide transport from Hobart airport (12:30pm) and Hobart city museum car park (1:30pm).

If you are flying to Hobart please make sure you arrive before 12:30noon. Our pick up vehicles will leave the airport around 1pm.

There will be transport back to Hobart CBD by 12:30 and back to Hobart airport by 1:30pm at the end of each yatra.

Yatra cost

Deep Ecology Yatra: \$330

Dharma Yatra: \$780

Both Yatras: \$1060

This covers meals and catering, hiring of support vehicles, ferry, camping fees, travel cost for facilitators, administration fee, YBC membership and all other yatra expenses.

The fee does not include any payment for the facilitators.

Dana: Following an old Buddhist tradition the facilitators on this yatra do not charge any payment for their teachings. At the end of the yatra there will be a donation box and donations for the facilitators and organisers will be gratefully received. Dana supports individual teachers for the time they have spent on this event and also enables future events of this kind.

Note: The route of the yatra does not go anywhere near an ATM!

How to book?

1. Contact *Ronny* (see contact detail below) and check if places are available.
2. Fill in the registration forms (see below) and email or post your completed forms to:
Tasmania Yatra, PO Box 3100, Uki NSW 2484

Payment by

➡ *cheque* or *money order* made out to 'Yatra Bushwalking Club Inc'.

or by

➡ *money transfer* (direct credit) to:

Account Name: Yatra Bushwalking Club Inc

BSB: 062580

Account Nr: 10270467

Please state '*TY16*' and '*YOUR NAME*' in the reference box.

3. You will receive a confirmation letter with further information by email to confirm your booking. Your place will be allocated only after we have received your completed registration forms and full payment. Please do not make any travel arrangements before your place on the yatra has been confirmed.

Note: There are only limited places available and both yatras might book out quickly.

Cancellation:

Cancellations before the 1st February 2016 will receive a full refund minus a \$50 administration fee. Please inform us early if you need to cancel so that you can receive your payment back and your place can be offered to someone else.



For more information please contact *Ronny* on:

Email: yatracontact@gmail.com Mob: 0422 075 488

yatra.org.au