

Far South Coast Dharma Yatra 2012

A pilgrimage / walkabout through the Mimosa Rocks and Biamanga National Parks
to Mt Gulaga in the Far South Coast of NSW

Friday 13th April- Saturday 21st April 2012



About the Far South Coast Dharma Yatra:

Yatra is the Sanskrit word for pilgrimage. A Dharma Yatra is a pilgrimage which offers an opportunity to explore Dharma teachings in the company of like-minded people while travelling together through different inner and outer landscapes. The Dharma Yatra is based on a spirit of simplicity and in that we let go of the usual luxuries of life and simply walk on the earth, step by step, moment to moment, without a destination in mind, enjoying the countless wonders in nature. Apart from the walking time there will be daily sitting meditation periods (some silent, some guided), basic meditation instructions, a guided basic yoga practice, meetings in small discussion groups, dharma teachings, kayaking and observations of nature.

This Yatra will start at Tanja, near Mumbulla mountain and end at Tilba. Our journey will travel along the coast through Mimosa Rocks National Park, camping in National Park sites and private property, then through the Bermagui Nature Reserve to The Crossing Land Education Centre at Bermagui. The following day there'll be a 3 hour kayak trip across Wallaga Lake to the (Tibetan Buddhist) Dzogchen Community, "Namgyalgar" where we spend the next day in silence and on the

final full day, walk up Mt. Gulaga, a sacred area for the Yuin people. We finish early on the Saturday morning.

Mimosa Rocks National Park is located 20 kilometres south of Bermagui, 22 kilometres north-east of Bega and 413 kilometres south of Sydney. It's a habitat for endangered animals, it has rough coastal headlands with cliffs, rock stacks and what looks like volcanic rock sculptures.

The daily walking distance will be around 12 kilometres. Some sections will lead through steep and bushy terrain with unmarked tracks, while others will be along coastal rock formations or long sandy beaches. Two estuary crossings may require swimming/wading across and a kayak trip will be preceded with instructions. A good level of fitness with a sturdy foot will be required at least. The track would be in the moderate/hard walking guidelines. An accompanying support team will take care of meals and luggage. A morning yoga session will be led by Paula Casciola. Paula has been practising yoga for over twenty years and teaching full-time for the past ten years. She began teacher training in Melbourne with Mark Gibson in 2000. We will be sleeping in our tents and only some places will have shower facilities. The Yatra is an all weather event. The weather in the area could vary between cold nights, dry days to continuous rain.

The Dharma Yatra will start on Friday 13th April at 2.30 pm for registration at the Tanja Community Hall and end on Saturday 21st. April at Namgyalgar at 9am. A bus will then transport walkers to their cars at Tanja. Transport can be arranged to the Merimbula Airport. Earlier transport can be arranged for people catching buses to Canberra or Sydney.

Helping:

The Dharma Yatra is based on an active participation. The support team will need help with food preparation, washing up, luggage, setting up and packing up the camp site, toilets and showers and driving the support vehicles (valid driving licence needed for this).

Active support on the Yatra makes it possible to keep the costs low. It also lifts spirit of the group as we come together in a functional team. Some participants might choose to spend a day with the support team and not to walk..

Dharma teachings and practice:

The pilgrimage 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 meditation practice on the yatra.

Teachers:

Victor von der Heyde has been practicing meditation for over thirty years. He studied with a wide range of teachers in India, Nepal, the US and Australia and these included teachers from different Buddhist traditions as well as non-aligned teachers. He's been teaching meditation for fifteen years and is a founding member of the Insight Teacher Circle Australia. He is also chairman of the Bodhgaya Development Association, an aid organisation that supports literacy and self-sufficiency programs in India.

Jenny Taylor has been an enthusiastic dharma practitioner for 30 years, studying with a range of teachers, initially in the Thai forest tradition and the Mahasi tradition. She began teaching 10 years ago and participates in teacher training retreats with Jason Siff. She has a particular interest in the affinities between unstructured meditative experience and creative arts. She loves sitting and walking in open country, and sees engagement with place as a vital, enlivening aspect of dharma practice. She lives in Alice Springs, works as a visual artist and researcher and teaches art in remote communities.

Cost:

\$540. This covers all meals and catering, hiring of support vehicles and transport, accommodation, kayaks and some administration expenses.

Dana - Donation:

In the Insight Meditation tradition, teachers do not receive payment for teaching the dharma. There will be a donation box for the teachers and organisers and donations will be gratefully received. Dana not only supports individual teachers and organisers for the time they have spent on this event but also makes future dharma events possible. Note: The route of the Yatra does not go near an automatic teller!

What to bring:

- tent (at certain camp sites some tent sharing may be necessary due to limited space)
- warm sleeping bag
- Thermarest or camping mat (NO MATTRESSES PLEASE)
- meditation cushion
- sun hat and rain coat
- appropriate clothing for hot, cold and wet weather
- good (walked in) walking boots or hiking shoes
- daypack for walking
- water bottle(s) for 2 litres or more
- cup, bowl/plate, cutlery
- lunch container (like a plastic lunch box)
- sun screen, insect repellent, blister plasters (optional)
- torch and spare batteries
- toiletries, towel, swim wear, etc
- any personal medication or supplements if required, band-aids

Getting to Tanja Community Hall:

People who have registered will receive a confirmation letter and a map with instructions on how to get to Tanja. Through a carpooling network we will try to arrange lifts for those who cannot or wish not to drive themselves. A pick up service from Merimbula Airport can be arranged. Those travelling by bus from Sydney to Bega or Melbourne to Merimbula will be picked up as well. It is important that you arrive at the Tanja Community Hall for registration between **2.30 and 3.30pm** on Friday 13th April as we need to organise our car parking, unloading of gear and walk 5kms to our first camp.

How to book:

Fill in the three registration forms and send your completed forms with full payment to:
"Far South Coast Yatra"
Lot 20 Barrabooka road
Tanja 2550

Payment:

By direct debit, cheque or money order made out to:

Yatra Bushwalking Club Inc
BSB 062580 Acct 10270467

(Please note that cheques won't be banked before February)

Please state your name in the reference box.

You will receive confirmation 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 (25) places available and the Yatra might book out quickly.

Cancellation:

Cancellations before the 10th March will receive a full refund minus a \$30 handling charge. Please inform us early if you need to cancel so that you can receive a refund and your place can be offered to someone else.

For more information:

Please contact Janey Dwyer

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