

# New Zealand Yatra

## Abel Tasman NP, South Island

Friday 31 January – Sunday 9 February 2020



### Our Journey

'Yatra' is the Sanskrit word for pilgrimage. A yatra is a pilgrimage which offers an opportunity to explore dharma teachings and pathways to awakening whilst hiking through wild and pristine landscapes of our stunning natural world.

On a yatra we cultivate supportive conditions to investigate our relationship to self, others and our environment in order to deepen our sense of interconnection. The program will provide a flexible combination of silent periods for yoga, meditation, and reflective walking (wandering), as well as time for facilitated exercises, workshops, group circles, and artistic expression. The variety of practices will draw from deep ecology, traditional dharma teachings, nature wisdom, science, eco-psychology and tribal traditions.

Our first yatra in New Zealand will follow the wandering trails of the renowned Abel Tasman National Park, situated in the northwest of the South Island between Golden Bay and Tasman Bay, about 1 hours drive from Nelson.

The park displays native coastal forests of kanuka (tea tree), beech and kahikatea, with a lush tree fern understory, including many native birds like the kaka (forest parrot), weka (flightless bird), tui and ruru (morepork). The impressive coast with its picturesque bays is home to dolphins, fur seals and blue penguins. Initially our route will take us inland on remote mountain trails, past native forests and tranquil creeks and then along the breathtaking coastline with its sandy beaches, turquoise lagoons and rocky headlands. Amongst the highlights of this journey are the [Harwood Hole](#) (183 meter deep sinkhole), the [Anahata Yoga Retreat](#), the [Tui Community](#), Taupo Point (first landing of Europeans) and the golden sands of Totaranui.

**Please note that the route of this yatra includes a couple of 25km long and strenuous sections which lead over steep mountain terrain, requiring a solid level of fitness.**

Accommodation will mostly be in our personal tents. The final two nights we stay at the 'Ngarata' homestead at Totaranui, which provides simple dorm accommodation and hot showers. An accompanying cook will take care of our meals which will all be vegetarian. A support vehicle will transport participant camping gear from site to site. The Yatra will require active support from the participants with kitchen duties, fire, water, equipment and setting up/packing down the camps.

## Facilitators

**Ronny Hickel** has studied, practiced and taught in various traditions of yoga, and buddhist dharma for the last 25 years. He is a yoga and taichi 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, from tribal cultures to modern science. He now resides in the Tweed Caldera in Australia where he works in personal development and outdoor recreation, facilitating meditation, yoga and tai-chi classes, nature reconnection retreats, MenAware gatherings and yattras.

**Inna Alex** grew up in Germany and has been living at Tui Community, Golden Bay, New Zealand, for the past 12 years. She has trained in Environmental Management, Permaculture Design and Hatha-Yoga. Inna aims for a wholesome and connected lifestyle by sharing her energy through permaculture education, facilitating deep ecology events, teaching yoga, living actively in intentional community, parenting her daughter and tending her garden. She has been practicing deep ecology with Joanna Macy in 2009 and John Seed in 2017, and has facilitated workshops in NZ, Australia and the UK for the past 9 years. Inna is passionate about diving deeply into this work to build supportive and resilient community and to explore how we access and sustain our internal motivation and capacities to contribute to the healing of our world.

The retreat will be conducted under the shelter of ethical principles, which create a safe, caring and conscious environment for spiritual practice. On the retreat the precepts invite us to restrain from harmful speech and actions, sexual expression and intoxicants. Certain periods on the retreat will be in silence. The meditation instructions are mainly based on the Buddhist mindfulness traditions, the yoga exercises are suitable for beginners and are designed to support our process during our pilgrimage.

## What to bring?

- ✓ tent
- ✓ warm sleeping bag
- ✓ camping mat (Thermarest)
- ✓ sun hat, beanie
- ✓ rain/wind coat
- ✓ appropriate clothing for very cold nights and hot days
- ✓ comfortable shoes (walked in and not causing blisters!)
- ✓ 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
- ✓ journal, musical instruments (optional)

*Pack lightly and tightly* – The entire luggage and equipment must be transported in our support vehicles. Please keep your main luggage confined to one or two bags.



## Getting there:

The yatra will start at 'The Barn' Campground in Marahau at 1pm on Friday 31 January.

Please arrive at 'The Barn' campground at Marahau between 1pm and 2pm to settle into camp. The yatra program will start at 3pm. Dinner will be served around 6:00pm.

### Arriving by car:

'The Barn' - Backpackers and Campground is at 14 Harvey Rd, Marahau. Free parking is available at the Abel Tasman Carpark next to The Park Cafe for the duration of the yatra.

There is an option in the booking form to request/offer a car-share.

### Arriving by bus:

Golden Bay Coaches offer a daily bus from Nelson airport (8am) and from Nelson iSite (8:55am) to Motueka. We will provide a pick up from Motueka iSite at 10am.

SCENICNZ Abel Tasman offers a daily bus from Nelson (7:30am) direct to Marahau (9:15am). We will provide a pick up from the Marahau bus stop at 9:15am to 'The Barn' campground.

The yatra will end at Totaranui campground on Sunday 9 February around 11am.

Please note that we will not provide transport back to Marahau at the end of the yatra. It is the participants own responsibility to make their travel arrangements prior to the start of the yatra.

From Totaranui the following options are available:

(1) to catch the bus at 12pm to Takaka or directly to Nelson airport (arriving at 3:30pm).  
To make a booking [CLICK HERE!](#)

(2) to catch the watertaxi after 12pm back to Marahau.  
To make a booking [CLICK HERE!](#)

(3) to walk the renowned Abel Tasman Coastal Track back to Marahau (3 – 4 days).  
To book a hut or campsite [CLICK HERE!](#)



Harwood Hole



Tui bird



Taupo Point

## Cost:

### Base Fee \$990 plus Dana

**Base Fee:** The base fee covers all running costs of the retreat including food supplies, catering, camping fees, venue hire, vehicle hire, fuel, equipment, administration cost, etc.

**Dana:** The facilitators and organisers on this retreat do not charge any payment for their contributions. At the end of the retreat there will be a donation box for the facilitators and organisers. Dana supports the yatra project, keeps events affordable, and cultivates a spirit of generosity.

## How to book?

1. Fill out and submit the on-line registration form – [CLICK HERE!](#)
2. Secure your booking by making full payment by electronic money transfer:

For transfers in New Zealand:

**Account Name:** Christopher Chemsak

**Account #:** 03-1565-0054211-25 (Westpac New Zealand)

**Please state 'NZY20' and 'YOUR NAME' in the reference box.**

For transfers in Australia:

**Account Name:** Yatra Bushwalking Club Inc

**BSB:** 062580 (Commonwealth)

**Account #:** 10270467

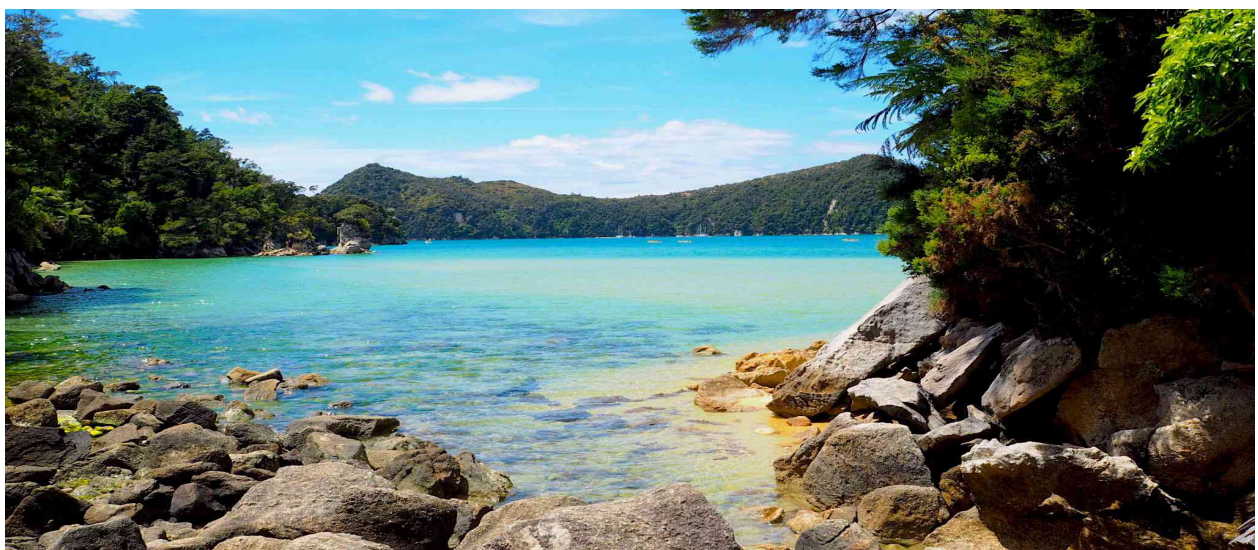
**Please state 'NZY20' and 'YOUR NAME' in the reference box.**

3. You will receive a confirmation letter by email to confirm your booking.

Please note that there are only limited places available and the yatra might book out quickly.

### Cancellations

Cancellations before the 15 December 2019 will receive a full refund minus a \$50 administration fee. No refund can be guaranteed for cancellations after this date.



**For more information please contact:**  
[yatracontact@gmail.com](mailto:yatracontact@gmail.com)