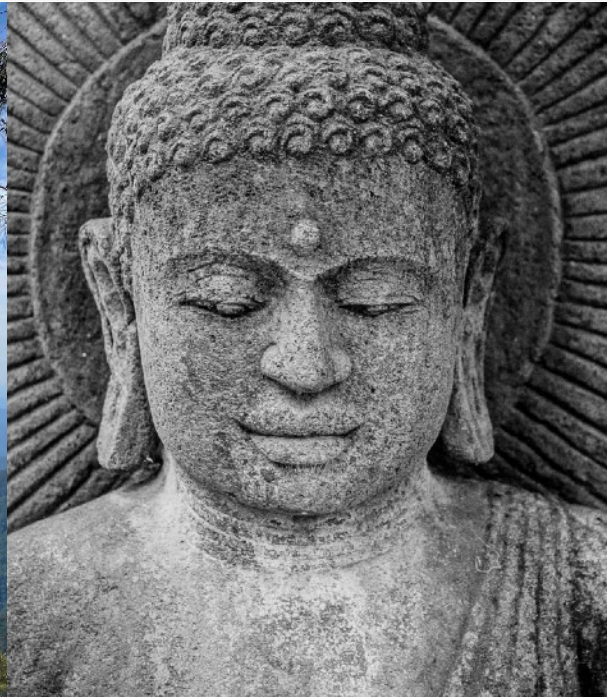


Sacred Ecology Retreat

Mindfulness - Meditation - Deep Ecology - Silent Bushwalking

Thungutti Campground – New England N.P. – October 10th – 13th 2024



Dear Friends, we warmly invite you to join us on stunning Gumbaynggirr and Thungutti country near Point Lookout on the New England Plateau. We will camp nestled in Gondwanan forest on the slopes of the ancient Ebor Volcano, and enjoy hikes in moss-hung Antarctic Beech forests, snowgum woodland and montane heath. In this retreat we will explore the Buddha Dharma at the heart of Deep Ecology - cultivating “stopping” and “looking deeply” (*śamatha* and *vipassana*) based on the *Anapanasati* and *Satipathana* suttas, as a way to deepen our insight into interbeing. We will also explore the cultivation of *Metta* or loving kindness as a support to engaged practice in these times of change. Inspired by the teachings of the late Zen Master Thich Nhat Hanh, we will also interweave themes from Deep Ecology. Activities will include yoga or qi-gong, sitting meditation, silent bushwalking, dharma talks, discussions, delicious vegetarian food, and the joy of community connection.

Host: www.gaiiaforest.org
Facilitator: Br. Tenzin (Dr. Alex Anderson)
When: 10th-13th October 2024
Where: Thungutti Campground, New England National Park:
<https://maps.app.goo.gl/AgauPNioEYhHgkMx5>

Cost: Base fee:
Concession \$410
Non-concession: \$485
Solidarity: \$575
Teachings: By Donation
Contact: Email: tenzin@gaiiaforest.org
Mobile: 0409 249 921
For more details: <https://www.gaiiaforest.org/sacred-ecology-retreat-oct-10-13th-2024/>

or scan:



IMPORTANT INFORMATION

Retreat cost : As a not-for-profit, we strive to keep all www.gaiaforest.org events as accessible as possible. Here the non-concession base fee of **\$485** helps cover the running costs of the retreat including camping fees, catering, fuel, equipment and administration. We also offer a concession option at **\$410** for those experiencing financial hardship. A solidarity option of **\$575** is also available for those with the means to contribute towards another's retreat. In contrast all Dharma teachings are offered on a donation basis (See below).

Dana: Since the time of the Buddha the Dharma has been considered too precious to put a price on. To keep this tradition alive, our facilitators and organisers do not charge a fixed fee for their offering. At the end of the retreat participants have the opportunity to instead offer "dana"; a monetary gift. Your generosity supports the sharing of the Dharma and the right livelihoods of organisers and facilitators.

Karma Yoga: Our retreat is supported by a team of volunteers who offer their time to provide the organisation, catering and logistics. This helps us to keep the event affordable, and is made possible by participants engaging with practices of mindfulness in daily life e.g. through helping with food preparation and clean-up, camp set up and pack down.

Location: Thungutti Campground is located in New England National Park, off Point Lookout Road, accessed from Waterfall Way (B78). Point Lookout Road is unsealed in sections, but two-wheel drive accessible: <https://maps.app.goo.gl/AgauPNioEYhHgkMx5>

Physical practice: This retreat includes a substantial day-walk which can vary from moderate to challenging, involving uphill and downhill hiking, sometimes steep and rocky terrain or poorly-formed trails. We can anticipate warm days but it is not uncommon to have cold nights and rain at this time of year. Participants should feel confident they have the fitness and equipment required to walk comfortably up to about 15 km over variable terrain and in changeable weather conditions. The yoga and movement exercises are suitable for all levels and are designed to support our physical condition and deepen our embodied mindfulness practice.

The container: Our retreat is supported by the observation of the five Buddhist precepts or mindfulness trainings: **Reverence for life, Generosity, Truthful and loving speech, True love, and Mindful consumption**. Our practice also rests on a foundation of simplicity: on retreat we forgo some of our habits of consumption, enjoying periods of noble silence, reduced use of electronic devices and simple, hearty vegetarian meals. Accommodation is in personal tents, and we circle up around a fire, under a sturdy tarp.

Logistics: The retreat begins with arrival at **Thungutti Campground** by **3pm on Thursday 10th October**. Our program will begin at 4:30 pm with a welcome and orientation circle. Dinner will be served at 6:30 pm, followed by a dharma talk and meditation. Departure is from the same location by **3pm on Sunday 13th October**. Participants need to be able to arrange their own transportation to and from Thungutti Campground. We encourage everyone to make use of the [rideshare](#) sheet to arrange carpooling with someone nearby.



How to Apply:

1. Please make sure you carefully read and understand all the Information in this document.

2. You then need to fill out and submit the online [Application form](#). Applications will open on 21st August 2024. Please note that spaces can be limited and retreats can fill up quickly.

3. We will contact you within 7 days to let you know if your application has been successful, or if you have been placed on a waiting list (please check your spam mail if you haven't heard from us within a week).

4. If your application is successful, we will then provide payment details. You will have 72 hours to secure your place by making full payment of the base fee, according to the option you have indicated in your application (Concession, non-concession or solidarity). **IMPORTANT:** Please do not make a payment or any travel arrangements until you have been offered a place on the retreat!

5. You will receive an email to confirm your booking once your funds have cleared.

Our Cancellation Policy:

Cancellations before 12th September 2024 will receive a refund minus a \$100 administration fee. Unfortunately we are not able to offer refunds for cancellations received after this date. Please be sure to inform us in time so your place can be offered to someone else.

For more information: email: tenzin@gaiiaforest.org, whatsapp: Tenzin 0432366789, text: Bev on 0409249921

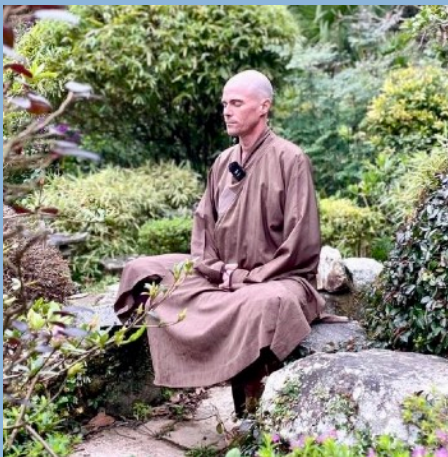


Packing list:

- Tent (3+ season, incl. rain fly, groundsheet if you have it). Strictly non-popup.
- Sleeping bag, inner sheet, pillow
- Sleeping mat (plus repair kit if inflatable)
- Meditation cushion/stool and blanket or shawl
- Rain coat, (consider rain pants also)
- Appropriate clothing for all weather conditions (include base layers, mid and outer options, beanie)
- Swimwear and towel
- Comfortable and sturdy walking shoes (well worn in, not causing you blisters)
- Sun hat, sunscreen, sunglasses, long-sleeve collared shirt
- Bowl, cup, cutlery, tea towel
- Lunch box for carrying picnic on walks
- Water bottle(s) (minimum total capacity 2 litres, recommend 3l)
- Loose, comfortable clothing for movement and sitting practice
- Comfortable day pack (sufficient to carry your food, water and clothing for day walks)
- Insect repellent
- Torch and spare batteries
- Toiletries, including blister prevention
- Any personal medication or supplements you need
- Light comfortable shoes/ thongs for around camp

Optional extras:

- Yoga mat
- Compact folding chair (for meditation if preferred)
- Dry bag to protect sensitive gear in day pack
- Journal or notebook, pen
- Musical instruments
- Insect head net



About the teacher: Br. Tenzin (Dr. Alex Anderson) began with an ecologist's understanding of interdependence, but the rainforest soon led him to Buddhist meditation. Ordained as a monk in the Sakya Tibetan tradition, he has studied at Plum Village in France. Ordained in Thich Nhat Hanh's [Order of Interbeing](#), he has also studied at Pa Auk Tawya in the Burmese Forest tradition. His approach is informed by Zen practices of mindfulness in daily life, Theravadin and Vajrayana methods of meditation, as well as Hatha Yoga, Deep Ecology, and his deep love of wild places. He currently lives on Gumbaynggirr country on the Dorrigo Plateau, where he has a project to co-create community space for meditation and nature connection. <http://www.gaiiaforest.org>.

