

YATRA AUSTRALIA



RISE

A Nature Retreat for Young Adults

29 April – 3 May 2026

Lake Arragan, Yuraygir NP, NSW

body ● heart ● mind ● soul



Wednesday 29 April - Sunday 3 May 2026

Lake Arragan, Yuraygir NP, Mid North Coast NSW

to rise - to ascend, to elate, to achieve, to come into being ...

A RISE nature camp facilitates a special meeting ground for *young adults*, in order to reflect, exchange, re-inspire and celebrate whilst being immersed in wild nature and guided by our wisdom traditions. Sitting and learning together on country, we will tend to the inner landscapes of body, heart, mind and soul, and strengthen our interconnection with various aspects of life. The RISE vision looks toward direct pathways of wholesome, life-affirming interactions in an outer world of change through the cultivation and empowerment of the inner life.

This *special nature retreat for young adults* (aged 18 to 30) will unfold from a base camp, providing a supportive container to explore our relationship to our community, to our natural environment and to ourselves. The variety of practices and explorations offered on this retreat will include mindfulness meditation, yoga, nature connection, creative expression, rhythm, music, and ceremony. To support a safe environment the retreat will be conducted under the shelter of ethical guidelines, which invite kindness and care and avoid harmful speech, actions and intoxicants. The program will include periods of noble silence.

All levels of experience in meditation and movement practice are welcome. The program will include some bushwalking up to 10km and a moderate level of fitness is required.

Accommodation will be in personal tents. A camp kitchen will provide hearty vegetarian meals and a support team will take care of retreat logistics. A smooth running of our retreat will rely on everyone's active participation and help with food preparation, washing up and tending to our camp.



Lake Arragan is a beautiful campground nestled amongst paperbark trees in the Yuraygir National Park in Mid North Coast NSW.

It is a special place of significant aboriginal heritage - a coastal lagoon system with wild bushland, pristine sandy beaches and an abundance of wildlife.



The Facilitators:

Ronny Hickel has studied, practised and 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 Mindful Somatic Psychotherapy. Ronny works in personal development and outdoor recreation, facilitating yatras and nature retreats. His approach is shaped by his love and reverence for the wilderness, Buddhist dharma, nature connection, deep ecology and the rich indigenous traditions of the world.



Murray Kyle, a renowned sacred song carrier, weaves a musical tapestry that reflects his dedication to fostering positive change through the power of music. His songs transcend genres, inviting listeners on a transformative journey of self-discovery and connection. With a passion for regenerative culture, Murray guides VOCAL BODY JAMM workshops, inviting people of all backgrounds to re-empower and play with their creative expression and experience a unified field of resonance with all of life through sound and rhythm. www.murraykyle.com



Vasumi Zjikaa has been an advocate for return to natural time and calendar change for the past 30 years, exploring metaphysical systems, including Mayan Dreamspell, 13 Moon Calendar, Tzolkin Codes, Sidereal Astrology, Human Design, Gene Keys, Numerology, Tarot and the Kabbalah. Vasumi offers her timeless wisdom through personal and group sessions, workshops, lectures and sacred theatre at gatherings, businesses, conventions and festivals throughout Australasia. www.timewaves.org



Our nature retreat is based on the spirit of simplicity! Be prepared, but keep it simple. This coastal country can potentially provide challenging conditions including rain, wind and cold nights. Average temperatures for this time of year are around 15-25 degrees Celsius. The retreat will proceed in all weather. Please be aware that the retreat will be a tech-free, alcohol-free and drug-free event.

What To Bring:

- ☐ 3 or 4 season tent
- ☐ warm sleeping bag
- ☐ camping mat (thermarest)
- ☐ sun hat, beanie, gloves and raincoat
- ☐ appropriate clothing for hot and cold weather
- ☐ hiking shoes (walked in, not causing blisters)
- ☐ daypack for walking
- ☐ water bottles, 2L minimum
- ☐ lunch box, cup, bowl, plate, cutlery
- ☐ meditation cushion or stool and blanket
- ☐ yoga mat
- ☐ sun screen, insect repellent
- ☐ torch and spare batteries
- ☐ toiletries, towel, swim wear
- ☐ any personal medication or supplements if required
- ☐ journal, musical instruments (optional)





Arrival

Our retreat will **start on Wednesday 29 April** at Lake Arragan campground. It is important that you **arrive at the camp between 1 and 2pm** to set up and settle in.

The retreat program will start at 4pm. Dinner will be served at 6pm.

Car pooling to the camp is strongly encouraged. Car parking will be available nearby. As we encourage a down to earth experience, camping in vehicles is generally not accepted. Your understanding and support in this is appreciated.

Please note that for participants arriving by plane we can arrange a **pick up from Ballina Airport only. Flights will need to arrive before 1pm.**

Departure

The retreat will **end on Sunday 3 May at 12noon** at Lake Arragan campground. We will aim to organise lifts back to Ballina airport by 2pm.

Please book any flights from 3pm onwards.

Retreat cost

\$380 base fee plus Dana

The Base Fee covers all meals and catering, camping fees, support vehicles and equipment, administration costs and some travel expenses of the team.

Part of the Base Fee for this retreat is subsidised by the Yatra Bushwalking Club to support young adults. Participants who struggle financially will have an option to pay the base fee for the retreat on a sliding scale ranging from \$100 to \$380, dependant on their financial circumstances.

Dana means generosity and forms a substantial aspect of providing this retreat.

The Base fee does not include any payment for the facilitators and organiser.

Following an old Buddhist tradition the facilitators and organiser of this retreat do not charge a fixed fee and 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 and organisers, keeps teachings accessible and affordable for all, and cultivates a spirit of generosity.



How to Apply?

1. **APPLICATION:** Please read this info document thoroughly and fill out & submit the online [APPLICATION FORM](#). Be aware that the number of places on the retreat is limited and might book out quickly.
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. 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 1 April 2026 will be refunded their payment minus a \$100 administration fee. Unfortunately we are not able to offer refunds for cancellations received after the 1 April. If you need to cancel please make sure you inform us in time so that your place can be offered to someone else.



For more information please contact Amalia:
yatracontact@gmail.com