

Non-Violent Communication Bushwalking Retreat

Wilderness and Connection

25th August- 1st September 2018



The Ampitheatre, Twin Falls Creek

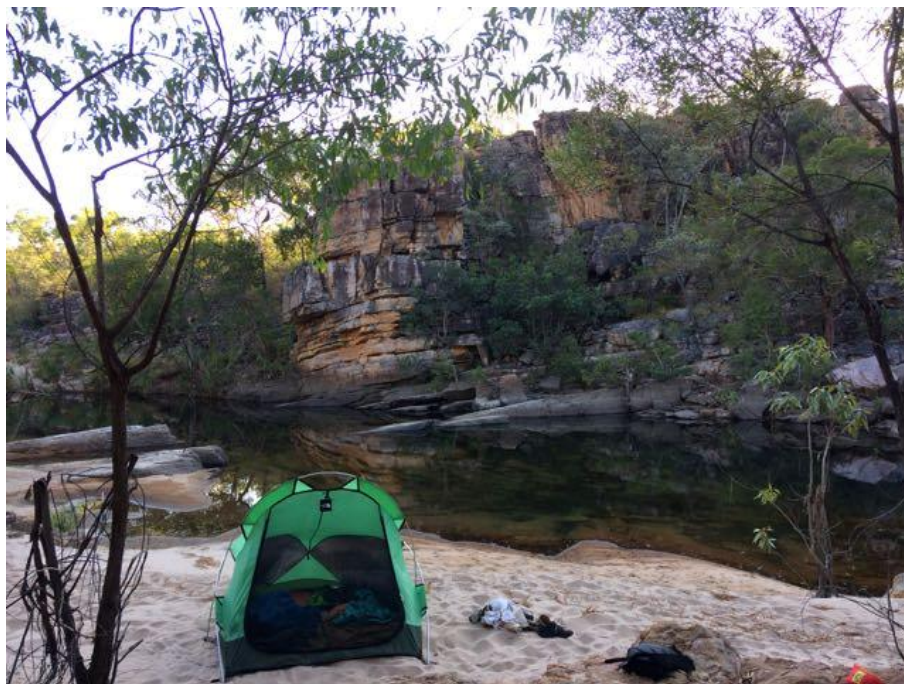
This walk is both an exploration of magnificent country filled with rocky gorges and waterfalls as well as an exploration of our inner worlds and developing tools to assist us to achieve greater clarity in our communication with ourselves and others. It is a precious opportunity to immerse in wilderness connecting with ourselves, each other and our world.

On this retreat, the aim is to deepen your learning and in the moment experience of the language and consciousness of “compassionate communication”. Learning 'communication that connects' enables us to be the change we long to see in the world with our partners, children and work colleagues. This retreat is an opportunity for self-care; to become genuinely relaxed, connected and open. To start to embody a way to be more powerful in your life through vulnerability, honesty and empathy.

The landscape, as well as each campsite on this walk, is truly spectacular. Neither words, nor pictures, do justice to the beauty of this place. We will be camping next to crystal clear pool filled with pristine water and exploring rocky gorges, cascades and waterfalls. The landscape is truly ancient and reminds us of the simple pleasures of life, to be immersed in the natural world in all its glory. It is unlikely we will see anyone else during our 8 days on the escarpment.



Camping above the Amphitheatre. On the other side of the creek are sandy beach options



Camping on Twin Falls Creek close to the gorge.

Non-Violent Communication

Nonviolent Communication (NVC), also known as Compassionate Communication, was founded by Marshall Rosenberg in the 1960s. It is grounded in consciousness, language, communication skills, and uses of power that enable us to remain human, even under trying conditions. Nonviolent Communication contains nothing new: all that has been integrated into NVC has been known for centuries. The intent is to remind us about what we already know—about how we humans were meant to relate to one another—and to assist us in living in a way that concretely manifests this knowledge.



During the retreat we will spend time living and moving together as community, connecting with all of life – our surroundings, ourselves and others to tangibly experience our interdependence. This moves us beyond our ideas of separation, habitual thinking of who is right and who is wrong.

The pre-requisite for this retreat is prior attendance at a NVC 2 day foundation training. Arriving with some understanding of NVC helps people to benefit from each moment of the retreat (not just the sessions). Kate will offer us all an experiential style of integrated practices that support learning NVC in ways that are lively, relevant, engaging and deeply enriching. If you are unable to attend a 2 day foundation course prior to the retreat and are still interested please let us know what experience you have in this area prior to booking.

Guides

The retreat will be lead by Cassie Newnes and Kate Raffin .

Cassie is an experienced off track bushwalking guide with a long held passion for indigenous living skills and authentic communication. She has been taking people on remote, untracked wilderness experiences since 2002.

Kate is an experienced mediator, facilitator and trainer. She has worked in this area since 2005. She is certified with the Centre for Nonviolent Communication www.cnvc.org. She has also been an animator with Play in the Wild – initiations into Nonviolence for youth, educators and families.

Kate's work and passion highlights the power we have to represent our true longings in ways that inspire connection through engagement with life and each other. Kate brings an appreciation for the human challenges of 'being nonviolence' as well as inspiration and courage for real change in our lives.

To see more about Kate go to www.hearttalkmatters.com

Itinerary

Day Zero

We will meet at 6.30pm in Darwin to ensure that everyone is sufficiently prepared and to share out group gear and group food. You will receive the course material to enable some reflection, as we journey into the wilderness the next day.

Day One

Pick up 8am from your accommodation. Drive to the start of the walk, approximately 5- 6hrs including breaks. Walk to the top of Twin Falls and then 2km upstream to where we will camp the first night.

Each day after this will start with optional sunrise meditation and yoga based exercises.



Beautiful rock ledges for stretching at the Amphitheatre., with waterfalls behind and below us.

Day Two

Approximately 1 hour walk to next camp. Sandy beach next to beautiful pool. Then 15 minute walk to gorge for NVC session, swimming and exploration.



Swimming in the gorge

Day Three

Full day in gorge for NVC sessions, swimming, reflection and exploration

Day Four

Approximately 3 hr walk to Amphitheatre camp. Flat rock ledges about 100m back from a waterfall.

Afternoon NVC session



The Amphitheatre

Day Five and Six

Full day at different venues close to the Amphitheatre for NVC sessions
Optional full day walk to major art site further upstream.



Morning shower

Day Seven

Approximately 3 hour walk downstream to previous camp
Afternoon NVC session in gorge



So many beautiful pools to choose from

Day Eight

Walk back to cars and drive back to Darwin.

Pack weight and length of walks

Pack weight- Participants will be required to carry all of their gear and food for the week in their backpacks. Dinners will be provided and carried between the group. Participants will need to provide their own breakfast, lunch and snacks. The weather is warm and rain is unlikely so you will only need a light mossie dome, light fly and light sleeping bag. Expected pack weight for this walk is around 16kg.

Length of walks- The longest we will spend walking per day with packs is around 3-4 hours. Most days it will be less. There is one site that we will spend 3 nights so there will be 2 days where we will not do any walking with back packs.

Terrain, Difficulty and Climate

Difficulty- Level Two.

While the walks are untracked the country is relatively open and there is lots of time for swims and exploration without packs.

Terrain-There is a steep walk at the beginning of the trip to reach the top of Twin Falls. Due to the time it takes to travel to Kakadu from Darwin we will need to do this walk in afternoon when it is still hot. This is the only section of the walk that is on a marked track.

After that, the walk is untracked following the creek on rock ledges, broken rock and vegetated sandy banks or through open woodland.

If you have never done any off-track walking through moderately rough terrain, nothing we can say can adequately describe the experience. The photos on our website, www.bushwalkingholidays.com.au, can give you a partial picture, but they cannot substitute for the real thing. Most of those who have not had any off-track walking experience find it more difficult than those who have done it before.

Anyone who does not regularly go bushwalking carrying a full pack would benefit from doing some pre-trip training.

Climate- September-October is hot. The average daily maximum temperature is 36-37°C (about 97-99°F). Fortunately, the average nightly minimum is cooler at about 21-23°C (70-73°F). As the minimum temperatures have been known to drop below 15°C (about 60°F), we recommend bringing a lightweight sleeping bag. (Some people do, however, choose to replace their sleeping bag with thermals.) There will be plenty of time to rest and swim during the hottest part of the day.

Although past records suggest less than a 50% chance of rain, you can get hit by an isolated storm. Bringing a lightweight tent fly will ensure you stay dry if it does happen to rain.

Questions? If you have any questions, please contact Cassie direct.
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