

'Deep Listening to Uluru and Kata Tjuta Camp-Out'

Biannually MAY 18 -May 24



Thank-you for your interest in attending Deep Listening to Nature Uluru Kata Tjuta camp-out. Together we will meet the wild red sands of the Central Desert and pay respect to ancestral spirit sacred to the Anangu: Uluru, Kata Tjuta, Artita, the Rainbow Serpent Wannabee and Great Grandmother Kuniya and more, and the magnificent Earth, Water and Sky in between.

The simple practice of listening deeply to Nature will be a central theme of the trip as we travel together sleeping on the land, eating by the fire, gazing at the millions of stars in the night sky, walking on the red sand dunes and hearing the wisdom of Uluru & Kata Tjuta. Deep listening out in the Central Desert, 'time-out-of time', is an experience which is profoundly peaceful and incredibly healing to the spirit, mind and body. I look forward to the opportunity to listen deeply with you....



(Forest of gums & Desert oaks on the eastern side of Uluru. Photo by iris)

COST - The 6 days and 6 nights total cost is \$1595 per person.

Cost includes:

Accommodation in the Yulara campground, guided tour with an Anangu T.O and local tour guide, transport from the campground to Uluru and Kata Tjuta National Parks, breakfast daily, five dinners, tea and coffee, entrance fees to the National Parks. It also includes swag/all camping gear hire, and my services as a walking meditation guide/group organiser.

Cost does not include your flight to Uluru/Ayres Rock Airport (I recommend Jetstar), lunch and snacks – these groceries can be purchased at the Voyages resort/campground supermarket.

Kitchen Duty: Please note A roster will be circulated pre-retreat which has each guest contributing to kitchen duties predominantly washing up, for one meal whilst on retreat.

The itinerary for the retreat is as follows: (Please note - changes occur)

18th 2-4pm Yulara meet and greet and sunset grounding/clearing practice
Set up your tent/build your nest and shop for personal food at the grocery store.
5pm Welcome Duty of care talk and clarifying parameters for our time together.
6:30pm Enjoy sunset dinner around the Fire & sharing circle (Pack Lunch prepare for following day)

19th 7 am Breakfast
7:30am Depart Enter Uluru Kata Tjuta National Park and begin the day learning about local Anangu Law with our guide starting at the Cultural Centre
Followed by Deep Listening to Uluru as we slow walk half possibly all the circumference of the Rock.
Return to camp for afternoon rest & explore Yulara
6:30pm Dinner by the Fire... After dinner pack lunch for following early morning departure.

20th 5:45 am Depart for day trip to Kata Tjuta 'Many Heads' beginning with Dawn Deep Listening Practice and picnic breakfast...
Hike in silence through the spectacular domes and valleys of Kata Tjuta to Karingana Lookout. Then return for lunch and another hike up to Walpa Gorge.
Unbelievably magnificent unto itself is Kata Tjuta...
6:30pm Return to Camp for Dinner by the Fire
Deep Listening to the Stars...

21st 7 am Breakfast
8am Depart for Uluru
Morning deep listening to the Water and the Rock and the Sky at what I believe to be the most sacred water hole in Australia, entered via Grandmother Kuniya's Cave...
Muti Tjulu Rockhole. (There is the possible option after this for women to listen to the Sacred Women's Places and Men to listen to the Sacred Men's Places.)
6:30pm Dinner by the Fire then Twilight gazing at Uluru and listening to the relationship between the Sun and Uluru as the day light fades. Wisdom of the Night sharing by the open Fire...

22nd 5:30am Pre-dawn departure to be on the eastern side of Uluru to watch the Sunrise and enjoy a picnic breakfast...

Guests are encouraged to venture in solitude to whichever sacred area of Uluru you feel individually drawn to return to, to experience even more deeply.

Lunch and Afternoon reflection time and resting back at camp.

6pm Dinner together at Geckos. (Please note: Price of this dinner not included in retreat price.)

23rd 6am Departure for Desert Scapes morning trip to Artilla Look-out and Salt Lake Deep Listening Practice

Followed by breakfast at Curtain Springs Cattle Station

6:30pm Dinner by the Fire and sharing circle...

24th Sunrise - final morning deep listening to Nature ritual together on the desert dunes. Followed by Breakfast. Last morning breakfast is at Kulata Academy Café (Please Note: breakfast price is not included in retreat cost.)

Camp pack-up by 10am

**‘Tjukurpa, the Law,
is timeless and immutable.’**



(Pathway to Kapi Muti Tjulu. Uluru is Sacred to the Anangu people. Uluru is a place of great knowledge. We walk silently with respect of Tjukurpa. Listening with hearts and minds filled with love and kindness and gratitude to be able to walk Anangu Sacred Country. We remember, our spirit is strong and we are indeed, timeless too. Photo by iris)

Final important points:

We will be travelling together as a meditation group taking full responsibility for ourselves.

My duty of care as a facilitator of this meditation retreat is of utmost importance.

The desert is a very beautiful and very harsh place, so I will give you sound pre-preparation guidance, which I will require all my guests to take very seriously and follow meticulously.

There is a moderate level of fitness required for this trip both physically and mentally, so if you are needing more clarity on whether you are energetically up for the adventure, we can discuss further. There is an extremely important reason why we camp; to eat, rest and lie down to sleep with Mother Earth and why we wake up like the birds, at first light.

I also learnt with the support of the late Anangu Elder Uncle Bob Randall how to approach these phenomenally Sacred places with humility. It is important that we do preparation work on the first afternoon/night and morning to clear out our minds and prepare to enter the magical sphere of Uluru and Kata Tjuta the 'right way'.

Finally, I will be doing a thorough health and safety brief with guests on a zoom call the week before the retreat, so everyone is clear on the risks involved with taking this trip and that you accept all responsibility for your actions during our time together.

With love and with respect, G U R U M A H

iris x



'Quietly we sat in the stillness of the desert. A kind desert, a harsh desert, a scarce desert, an abundant desert. Like this Elder, this sacred desert place deserved my utmost respect. And yet, I felt like I was at kindergarten level on how to give the kind of respect that the calibre of this situation deserved. I had to continue to breathe and make-contact with the Earth through my senses to contain my nervousness and soothe my fearful mind that had come to its outer most limits of comfortability thinking.....nothing.'

(Out on Country with Uncle Bob. Page 62 Climbing the World's Tallest Tree,' by Iris Ray Nunn)

www.deeplisteningtonature.com

'I am a part of all this beauty.'