

Nonviolent Communication

An untracked Kimberley Bushwalking Adventure

*Ancient landscapes and
Connection*

August 11th -20th, 2019



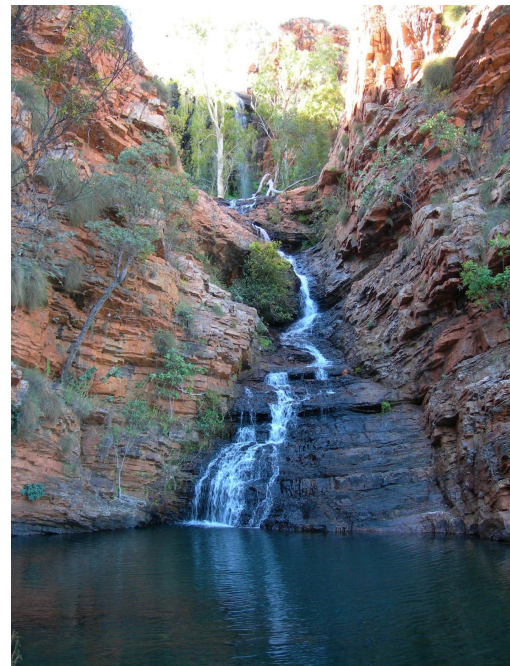
A remote, untracked adventure into pristine and magnificent ancient landscapes where very few venture combined with an exploration of one's inner world through the tools of Nonviolent Communication (NVC).

The trip starts with a boat ride up Cooliman Creek. Once we step off the boat we are in untracked nature, setting off to explore stunning waterfalls, magnificent gorges and the wonder of sleeping under the stars as people have for thousands of years. The only evidence of the modern world is what we carry in our backpacks.



Our drinking water comes from the pristine creeks we follow and swim in.

Cassie will support your journey through this vast, ancient landscape that she celebrates so deeply and Kate will support your journey through your rich inner landscape. Together they offer a journey of connection to ancient truths that remind us of a deeper meaning to our existence in this world.



See more about the guides and testimonials from past clients below the itinerary.



This journey is for the physically and emotionally adventurous. At times the landscape will be extremely rugged. There will be sections of broken rock, sometimes there will be steep climbs, sometimes it will be marshy. Every second day we will explore without our large backpacks to offer the body a chance to rest and explore freely. However it is important that people are physically and mentally prepared for the rugged terrain on the days that we do carry our packs. Pre-trip training and packing light gear makes a big difference to how much people are able to enjoy the trip. We are happy to offer support in both of these areas. There will also be plenty of opportunities for swimming, relaxing and enjoying the magnificent landscape.

And at times your inner world may feel rugged as you explore what is happening internally on a deeper level. We will use the elements and intentions (working heart) of NVC to reveal the life that underlies what comes up through emotion – sometimes welcome and at other times uncomfortable, even painful and not so easy to be with. We will work to 'harvest' this – however it shows up, to reveal the gifts of what really matters and the wisdom of fully listening in. Together Cassie and Kate work to reveal a sense of what is possible when we lean in to the wisdom in these ancient landscapes. Both inner and outer.

Full price- **\$1995**

Book before April 11th- **\$1596**

Further discounts available

<https://www.bushwalkingholidays.com.au/prices.shtml>

Below you will find...

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Testimonials from 2018

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Prerequisite

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Contact details

Itinerary

Day Zero

Pre-trip meeting at Kimberley Croc Motel, 5pm. This meeting is essential. If you can not make this time for any reason please let us know in advance.

Day One

7am pick up from Kununurra

One hour travel, including a boat ride to the start of our walk

We hope to arrive at our camp by lunchtime. We will camp next to a large pool. The afternoon will be spent with different exercises to support our 'arrival'.

Day Two

On this day we follow 'Many Waterfalls Creek'. Aptly named because of a series of eight waterfalls relatively close together. The terrain is rugged and in sections steep. We will want to relish in the pool at each waterfall but will need to balance this with ensuring we allow enough time to reach our campsite by lunchtime. Then we can spend the afternoon exploring and swimming without packs.



Day Three

We have a full day exploring Many Waterfalls Creek without packs. The landscape is rugged between the waterfalls so we may just choose a few favourites to spend time at. The weaving of NVC throughout the trip will include a balance of specific NVC explorations into key and often hiding elements (eg life-constricting core beliefs that we already walk with) and also a free flow of exploring what comes 'alive' in us in any moment as we lean into living in this community.

Look for the person on the rocks on the left hand side

Day Four

We will put our packs on our backs and set off through more rugged and beautiful terrain to another creek system, Packsaddle Creek. Along the way there is a beautiful side trip to a pool begging us to put our packs down and cool down in its pristine water. We will aim to reach Packsaddle Creek, where we are camping, as close to lunchtime as possible.



Day Five

On this day we will have a choice. We can either head downstream and camp further on Packsaddle Creek, making the following day shorter or we can stay where we are and spend the day exploring beautiful pools and small gorges in the area. Fortunately either choice will be enriching as there is so much to explore in this country in every direction. It's a win:win.



Day Six

We will head downstream to camp on a side creek. On the way we will stop to explore a different side creek with beautiful cascades that are well worth a visit. Then we continue downstream towards camp. We are heading to a special place where on one side of the creek the country is open, on the other side of the creek is a massive cliff face. So awe inspiring in its beauty and size. We will camp where we are close to water and can wonder at the magnificence of this cliff and landscape.

Day Seven

We will not wander too far from camp.

This day will offer us a chance to integrate what we have already explored and offer the chance to go deeper into the things that want a little more space.

Day Eight

We head back to Packsaddle creek and wander further downstream. We will camp either on a sandy beach next to a deep pool or we will camp next to a large waterfall further down. Where we camp will depend on how much camping space is available near the waterfall. It can change significantly depending on how much sand is washed away during the wet season.

Day Nine

We have a full day for playing in the waterfall with its different levels, more NVC and reflection. This day is set up for looking at where we are, where we have been, and how we can take the gifts of this journey back into our lives at home.

Day Ten

We have a two hour walk to an area that a vehicle can access and pick us up to drive us back to Kununurra.

Pack weight and length of walks

Pack weight- Participants will be required to carry all of their gear and food for the trip 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 expect to spend walking per day with packs is around 4 hours. Some days it will be less. Some days it may end up being more depending on how people are travelling. Some days we will only walk with day packs.

Terrain and Difficulty

Terrain Level 3. There is a substantial amount of rock hopping. Some of the walking will be fairly open and some will be through thick grasses including spinifex, gaiters essential, long trousers recommended. Varies dramatically from year to year depending on when last burnt. If recently burnt, it's much easier. You generally walk around 4 hours per day. We are planning for every second day to be without hiking packs. This will be influenced by how far we walk each day and the needs of the group at the time. Daypack very useful.

Pack weight - Level 3. Carry food for nine days. Please contact us if you would like support to keep your weight down while still eating well.

Art A few minor sites in north. Few routes see more than one, some see none.

Campsites Mix of sand, rock ledges and grassy areas. Some sites are excellent, but on average, not as outstanding as on some of our other trips.

Swims Very good to excellent.

Lowlights Some campsites may be a bit cramped. Pushing through thick grass on occasion.

Highlights waterfalls, gorges, walking without full packs some of the time.

Wildlife birds everywhere but you are unlikely to see many large animals.

Fishing Fishing is possible only at the very end.

Maps. 1:50 000 Carlton Gorge & Deception Range or 1:100 000 Kununurra.

Gaiters or long pants and seed socks are essential.

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

What Kate says about Cassie...

"Cassie shares SO generously of what she knows and connects to in this land. I love what she says and what she leaves space for. A true guide and teacher.

We are SO very fortunate for every opportunity to be walking with Cassie as our guide.

It is truly beautiful to witness how deeply she is nourished by caring for us."



What Cassie says about Kate...

"Kate has such deep, genuine care for those she is working with. Just to be around her is an NVC lesson as she authentically embodies what she teaches. That combined with a passion to take people where they wish to go on their NVC journeys makes for a powerful experience"

Together we say :

It is an honour to work and walk with each other and we feel such a great union in our weaving together. We are in our own, yet complementary, skill sets and this union feels like anything is possible in our journeys. We are here to support each other to offer you the best trip possible.

Testimonials from last years trip with Cassie and Kate as guides...

"I highly highly recommend doing an NVC bushwalk and this location was magical. I felt so at home there and so safe and secure with the group. The love and care cultivated within the group during the course of the walk was palpable. The simultaneous internal and external journeys were insightful and life changing. Thank you Cassie and Kate!" - Beth Edwards, 2018 NSW

"Come! It's a life changer. The country is incredible and the beauty+ wisdom that shines through Kate and Cassie is inspirational and so much fun" Caity Clare 2018

"Just do it! A unique opportunity to combine learning and exercise in a fabulous natural "classroom" setting" - Bevan Bates 2018

Other comments from the 2018 Kakadu group:

' I am taking away a relaxed body and open heart"

"I have a refilled cup both for activism and personal relationships that have been challenging me"

" The two (NVC and Bushwalking) were woven beautifully together"

" The main thing I am taking away is connection with the land, group, self, the elements and my body"

"The main thing I am taking away is Cassie's deep love and care for the land and respect for all creation"

' I have taken away a wonderful experience, being held and supported with plenty of fun, joy and connection to nature"

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.

Prerequisite

The prerequisite for this retreat is prior attendance at a NVC 2 day foundation training or equivalent PLUS earnest engagement with practices for at least 6 months. This might include (but is not limited to) completing the Ongo book – doing at least 80% of the practices, attending an IIT, joining us on the NVC canoe trip in Jan 2019 or Kakadu Retreat in either 2018 or 2017 or running and participating in practice groups with an earnest gusto.

Deciding which trip is for you

This year we are offering two NVC Bushwalking Retreats so perhaps you are finding it hard to decide which one. Here is some extra information to support your decision.

We have structured the retreats so that one will flow into the next to support anybody who wishes to participate in both retreats. Therefore the Kakadu retreat will have a stronger focus on the Foundational skills and the Kimberley trip will have a stronger focus on using the NVC skill set to work with what is 'alive'. Both retreats will consider and include everyone who joins and seek to support people at a level appropriate to their skills and experience.

Kate and Cassie will regularly check in with what will best serve every member of the group and therefore what will serve the whole, adapting the NVC component to support all who join.

We will be living in Community for the time we are together and for many this will be a challenge well worth having. The invitation is for us all is to step into self-responsibility and consideration for the whole.

Please note that the walking component of both trips will be larger than previous trips. In Graveside, Kakadu, this is so that returning participants have an opportunity to see a different parts of this magnificent landscape. In Carr Boyd, Kimberley Ranges we want to maximise the amount of country we connect with as well as have plenty of time for NVC, swimming and reflection. For more detailed information on the approximate amount of walking each day please refer to the trip notes of each section.

Kakadu Escarpment - dates

NVC

This walk is designed to embrace those of us who are more fresh to the learning of NVC - Having completed a 2-Day Foundation training or equivalent, and who are wanting to revisit and practice some of the foundational skills. It will be a strong grounding practice into Observations, Feelings, Needs and Requests. We will also use every opportunity to know and practice the learnable skills of Empathy and Honesty.

It will always be a matter of practicing this work – a continuous invitation into relationship with ourselves, nature and others.

We could all do with more reminders and opportunities to practice what it

is to 'be' connection, and Kakadu is an extra-ordinary environment to support this.

Carr Boyd, Kimberley - August 11th- 20th NVC

This walk is designed for people who are willing and keen to go deeper into their practices of learning and living Nonviolence. It is especially for people who have been engaging in regular NVC practice for at least 6 months as well as the prerequisite of a 2-Day Foundation training or equivalent. This might include (but is not limited to) completing the Ongo book – doing at least 80% of the practices, attending an IIT, joining us on the NVC canoe trip in Jan 2019 or Kakadu Retreat in either 2018 or 2017 or running and participating in practice groups with an earnest gusto.

Though we are making a distinction between the 2 trips you will be included and embraced in which ever retreat you sign up for.

Both retreats will include some of and not be limited to:

- Self connection practices – journaling and in heat of the moment self-connection practices
- Celebration/Gratitude practices – acknowledging what we already have
- Mourning practices - acknowledging where we feel loss or sadness
- Life-Constricting Core beliefs – identifying and releasing them
- Enemy Images – recognising and harvesting them into life enriching options
- Despair work –honouring our pain for the world – turning tension into energy
- Healing and reconciliation –integrating our past experiences
- 3rd-siding –how to support others in conflict
- Visioning –aligning our work and passions
- Going forward –practices that will support us to make the most of our time on these retreats and offer congruence with our lives at home

We are delighted to be offering this opportunity to practice and lean into these elements as a way to connect to life because we are both constantly astounded at how simple and powerful they can be AND acknowledge that we can all do with more practice.

Please feel free to email or call us if you want further information.

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If finances are tight for you, please go to this Doc for FUNdraising ideas
<http://hearttalkmatters.com/wp-content/uploads/2018/11/FUNdraising-doc-.pdf>