

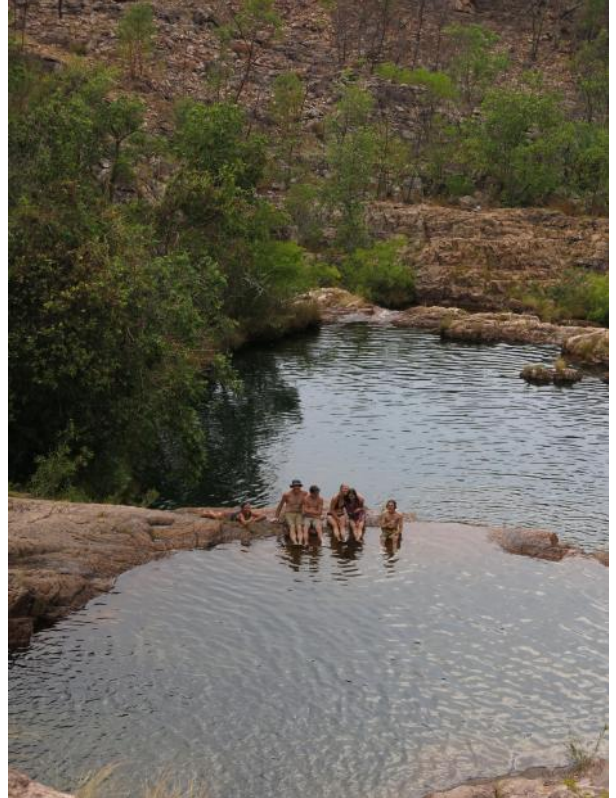
# **Non-Violent Communication**

## **Kakadu Escarpment Bushwalking Adventure**

### ***Ancient landscapes and Connection***

July 28th- August 5th, 2019

A remote, untracked adventure into  
pristine and magnificent ancient  
landscapes where few now venture  
combined with an exploration of  
one's inner world



Cascades Creek, too good to rush past.

This walk is both an adventure in this 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, skill and freedom in our communication with ourselves and others. It is a precious opportunity to immerse in nature connecting with ourselves, each other and our world.

We are venturing into untracked country. It holds rich human history from thousands of years being inhabited by indigenous people. Now it is visited only by the truly adventurous, willing to head off the well worn track.

On this adventure, the aim is to deepen your learning and in the moment experience of the language and consciousness of Nonviolent Communication (NVC) also known as 'compassionate communication'. This is powerful support, allowing us to be the change we long to see in the world with our intimate partnerships, families and work colleagues - everyone!. This journey is an opportunity for self-care; to become genuinely relaxed, connected and open and to embody a way of being more powerful in your life finding unparalleled strength 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 9 days on the escarpment.

Full price- \$1850

Book before March 28th- \$1480

Further discounts available

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

Below you will find...

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## 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. This is a long drive. We spend around 4 hours driving on the bitumen (including breaks). Then we reach a rough dirt track. We spend another 2 hours driving on the narrow dirt track. While we need to drive slowly as the track is quite rough in places it is a pleasant drive through the bush.

Because of the long drive, and because we start walking in the afternoon, we will not walk far on the first day. We park the car not far from Bilkbilkmi. We will walk about one hour up the creek and camp on a sandy beach next to some shallow pools.

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

### Day Two

Today we only have about 2 hours walking to our next camp. This camp will be on rock ledges next to a beautiful pool with a small waterfall leading into it.

We will spend two nights here because there is a wonderful walk into two deep gorges from here that end in stunning, high waterfalls.

This afternoon will be spent with a combination of NVC sessions, swimming and reflection.

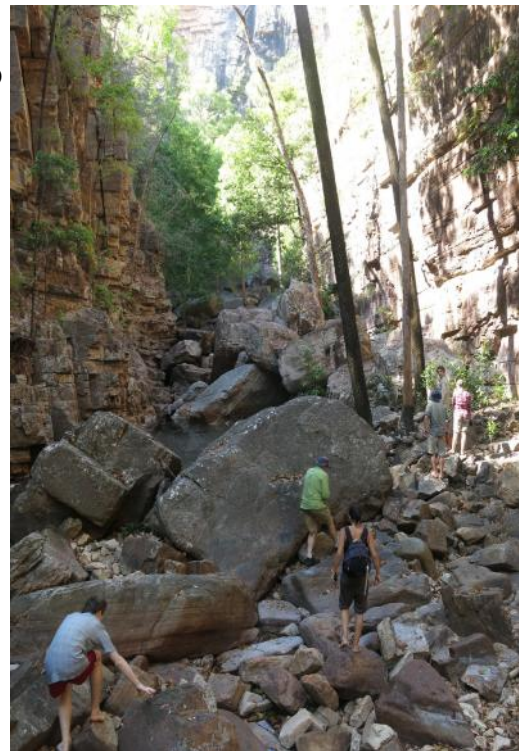


Camp Night Two and Three

### Day Three



The exploration into the gorges takes a full day. NVC will be a living practice as we travel as a group up the gorges. We will also take time to do some simple, yet powerful exercises as we travel up the gorges. Offering connection with the landscape, ourselves and each other



Some sections will require us to swim through

The rewards will be a unique exploration of beautiful gorges ending in stunning, high cliff faces with waterfalls dropping over them.

### Day Four

This day starts with a steep climb. Fortunately we can complete this while the day is cooler than what it will be later. Consideration in the weight you pack and pre-trip training will make a big difference as to how this climb feels in your body. If the climb is challenging for you it will offer a rich experience to explore how you communicate with yourself through this challenge. Time will be taken to rest when needed and we will start the walk early enough so there is no pressure on anyone who finds they need plenty of rests. After this climb the walking is much easier. It is still on

broken rock however is relatively flat. We will now be crossing from one creek system to another. We expect to reach our camp by lunchtime. It is a beautiful camp with a waterfall, pool and a beautiful rock cave. The afternoon will be focused on exploration of NVC, swimming and time for reflection.

### Day Five

We will spend the morning following the creek downstream. There are so many beautiful pool, cascades and falls along the way we will be spoilt with choice as to where to stop and swim. We will camp on rock ledges next to a beautiful pool. The afternoon will be spent swimming, reflecting and either doing NVC exercises or working with what is already 'alive', depending on what is more relevant to the group.

### Day Six

We continue following this magnificent section of creek downstream. The pools, cascades and falls continue to delight us, each with their own unique beauty. Yet no photo or description can prepare anyone for where this is leading us. We are heading to nature's ultimate playground. Twelve large pools joined by waterfalls, surrounded by magnificent views, a natural waterslide in the middle, underwater rock arches. It is a feast for all of the senses.

Natural waterslide, Cascades Creek



There is no camping large enough for a group next to this playground so we will camp a few hundred metres from it on sand. We will spend two nights here to ensure we have time to immerse in the wonder of this place.

### Day Seven

Today is a day of play, exploration, celebration and integration

### Day Eight

We will spend the morning walking downstream to our first nights camp. Here swimming is limited as we no longer have a definitive barrier from saltwater crocodiles. Fortunately there are some crystal clear, shallow pools surrounded by scrub where we can have a safe cool down along the way.



The afternoon will be spent as a group consolidating the journey we have been on and preparing for what coming home might look like.

### Day Nine

We are only a one hour walk from the vehicle. This will be largely a travel day as we head back to Darwin and our own homes. We will aim to be in Darwin by 6pm that evening.

## Pack weight and length of walks

Pack weight- Participants will be required to carry all of their gear and food for the nine days 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. Most days it will be less. Some days we will only walk with day packs.

## Terrain and Difficulty

Terrain Level 2. There are a few steep climbs, none of which is over 200 m. As short as they are, these climbs are strenuous. Some may require using your hands to hold on as you climb up or down. None are technically difficult. None require ropes or other special equipment. There will be some places where you have to step from stone to stone as you walk along the edge of a creek.

It may be necessary to wade across slippery rocks in sections. Your guide can help if you need assistance.

None of the walking is on a marked trail. 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](http://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 (average twice a month) go bushwalking carrying a full pack would benefit from doing some pre-trip training. Do this and you will almost certainly enjoy the trip. If you are not an experienced off-track bushwalker and you don't do any training or any other form of strenuous physical exercise, you might feel that the trip is more of an endurance test than the pleasure most people experience.

Vegetation Level 2-3. The terrain ranges from open woodland to narrow rainforest gorges. Parts are flat and easy. Other parts require scrambling

over river stones of a variety of sizes. There are a few steep, but short climbs. You walk through almost every type of terrain that it is possible to encounter in Kakadu. The leisurely pace makes it easier than many of our other trips.

Hours 3-4 hours most days with hiking packs. Variable on days without packs.

Packs - level 3.

Pack weight You need to carry nine days food.

Art There are a number of interesting sites along this route.

Campsites Sand or rock ledges. Excellent sites near the water. We should have most or all of them to ourselves.

Swims Swimming is excellent. Good pools at all campsites.

Lowlights Rough drive from Coinda at the beginning, fairly long 4WD on the way out.

Highlights The magical cascades and water slide on Cascades Creek.

Spectacular

Graveside Gorge.

Maps: 1:50 000 Koolpin or 1:100 000 Jim Jim.

## 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](http://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](http://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 supporting 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 and 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. 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.

## Deciding which trip is for you

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 - July 28th -August 5th NVC

This walk is designed to embrace those of us who are more fresh to the learning of NVC or 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 January 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.

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>

Questions?

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

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