

Ancient landscapes and Connection



27th Aug- 5th Sept, 2021

An untracked Kimberley Bushwalking Adventure with Nonviolent Communication

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).

Your guides: Cassie will support your journey through the 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.

This journey is for the physically and emotionally adventurous. At times the untracked landscape will be 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 hiking packs 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.

The trip starts with a short 4Wd trip from Kununurra to Carr Boyd Range. Once we get out of the car 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.



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- **\$2450**

Book before May 27th- **\$1995**

If you have previously been on a Willis's Walkabouts NVC with us the early bird is **\$1850** Other Willis's Walkabouts discounts do not apply to this trip.

Minimum group size is 7 participants. Maximum group size is 12 participants

Below you will find...

- ! **Itinerary**
- ! **Terrain and Difficulty Information about the Guides**
- ! **Testimonials from 2019**
- ! **Nonviolent Communication Prerequisite**
- ! **Contact details**

Itinerary

Day Zero date

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

8am pick up from Kununurra

30- 45 minute drive to the start of our walk.

Put on full packs and start our walk.

We will stop on the way to swim at some beautiful large waterfalls. Then we have only a short distance left to walk to arrive at camp on some beautiful white sand next to a large pool. We spend two nights here.



Day Two

On this day we will have time to engage with NVC practices, swim and reflect. We will not travel very far on this day.



Day Three

We walk further up the creek to Birthday Creek Falls where we set up camp in a grove of ancient boabs. On the way we will stop to explore up a side gorge with a towering cliff side. 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.



Day Four

We will put our packs on our backs and head further up Packsaddle Creek. Here we camp next to some stunning cascades with extraordinary views.



Day Five and six

On these days we will explore what will best support both the group and also individuals and offer a combination of exploring the landscape, diving more deeply into the NVC practice and time for reflection and swimming



Day Seven

We will head back to our ancient boab camp. Doing some side trips on the way and taking time to continue to explore our NVC practice .



Day Eight

Now we walk back to our first night camp. On the way we will drop our packs to head 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. Awe inspiring in its beauty and size. Then at camp we will head to some magnificent waterfalls where we can take time to harvest the learnings from the trip. 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 Nine

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

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 traveling. 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. There is information in the Bushwalking Guide to help keep your weight down while still eating well.

Art A few minor sites

Campsites Mix of sand, rock ledges and grassy areas.

Swims Very good to excellent.

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

Gaiters or long pants and seed socks are essential.

What to bring

Please check out our online resources to support you packing

<https://www.bushwalkingholidays.com.au/bushwalking-guide>

Please note that you will need to provide your own breakfast, lunch and snacks. Dinners will be provided. The weight of this and the cooking equipment will be shared amongst the group at the pre-trip meeting.

More info:

<https://www.bushwalkingholidays.com.au/specialist>

BOOKING

<https://www.bushwalkingholidays.com.au/bookings>



Cassie and Kate in their 'office' planning the day.

Your 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 previous trips with Cassie and Kate as guides ...

*If you would like a very unique and rare chance to connect deeply with this country and yourself, then do it! **Cassie's knowledge and connection to the land is a treasure and Kate's ability to tap into whatever life is happening is so helpful*** - Chris Gillet, CNVC Certified trainer, Kakadu participant 2019

Both leaders supportive and experience and I felt confident to rely on them. - Julie Andrews, Kakadu participant 2019

*I'm taking away beautiful feelings of love, peace and honest connections. Deeply grateful to have **a nest in such a stunning, rich landscape.***
Sonya Malthouse, four times returned Kakadu participant 2019

*It was a time of re-connection to self, environment and a beautiful group. **The landscape was a wonder scape!***
Inspiring to live as community again, guided by learning and not time!
Elizabeth Hill, Kakadu participant 2019

I am taking with me a sense, a touch of how beautiful and connecting conversations in community can actually be... Thank you!
Get ready to throw yourself into a community of care, love and authentic expression.
Frank Maguire, Kimberly participant 2019

*The trip was and unique and magical experience. The combination of a stunning landscape, walking and NVC made for a deep sense of congruence and connection. **Cassie and Kate hold the group with such care, skill and love.***
I've never had a more authentic experience
Thank you
I will always remember this time together
I will always be walking with you'
Sophie Jordan, Kimberly participant 2019

A totally unique experience in the combination of NVC learning and being in a natural pristine environment and close connection to the land.
Bevan Bates, twice returned Kimberly participant 2019

I've come away with a very full cup.
What you offered was fulfilling, well organised, professionally held and interesting. It met my needs for learning, inspiration, role modelling, safety and guidance.
*Pack ultralight, prune everything off that is non essential. Take lots of face and hand cream! Train beforehand with a weighty pack. **Be prepared for magic to happen in the simplest form- stars at night, beautiful country, a sense of safety and belonging, awesome food, clean fresh water, connection to country, knowledgeable guides, challenges, beauty and support.***
Wendy Haynes, participant Kimberley 2019

'I am taking away :
an appetite for more! Time out bush, connecting to country, emotion in NVC, traveling with and getting to know beautiful people
A greater sense of peace
A better understanding of NVC in practice
A deeper sense and appreciation of a very special landscape
This is an incredible, rare opportunity, very much worth it'
Sonia Duus, Kakadu participant 2019

Nonviolent 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 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 an NVC canoe trip or running and participating in practice groups with an earnest gusto.

Who is this for?

This walk is designed for people who are willing and keen to go deeper into their practices of learning and living Nonviolence.

The retreat will include some of and not be limited to:

- Self connection practices – journaling and in heat of the moment
- Celebration/Gratitude practices – acknowledging what we already have
- Mourning practices - acknowledging where we feel loss or sadness
- Life-Constricting Core beliefs – bringing powerful compassion to ALL of ourselves
- Despair work –honouring our pain for the world – turning tension into energy
- Healing and reconciliation –integrating our past experiences
- 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 ... because living itself is practice.

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

Cassie - cassie@bushwalkingholidays.com.au ph 0428 829 757

Kate - kate@kateraffin.com ph 0488 550 979

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>