



The Art of Mandala, Interconnectedness and Reverence for Life

A week of contemplative nature exploration
with Tarchin Hearn, June Mackay and Catrin Guenther

January 3-10, 2021

at Aongatete Outdoor Education Centre, Katikati, New Zealand.

Set on the edge of the Kaimai-Mamaku Forest park, with beautiful walks and swimming holes, this seven day retreat will be a wondrous start to the new year. Daily activities will involve a weaving of nature exploration, painting and drawing, meditation and awareness based movement.

A mandala is an artistic depiction of wholeness. By wholeness we mean a living experience of complete integration. Exploration of mandala can help integrate inner experience and understanding with outer relationships and involvements. It is the art of discovering who we are and how we fit with the world in ways that are both sustainable and life affirming.

Daily Programme:

Given Covid-19 and the unpredictable nature of these times, here is a general sense of how the course might unfold – each day will begin with meditative body movements, led by Catrin Guenther. Catrin's teaching is deeply inspired by Leander Kane (*Awakening through the body*) and she is also a certified yoga teacher.

Then Tarchin Hearn will introduce some contemplative themes for the day. Tarchin is skilled in various traditions of Buddhist philosophy and practice and a life of blending them with interests in biological sciences and ecology. For more about his teaching and work visit greendharmatreasury.org

The afternoon and evening programme will focus on art and exploring the beauty and diversity of nature in the surrounding forest. June Mackay, along with guest artists, will be offering guidance in various art mediums and techniques to support the exploration of mandala as an artistic expression.

NO previous art training or ability is required; just a desire to further awaken your creative being.



Programme outline:

Sunday 3rd January

Arrival time: from 2pm on to get settled

6pm: evening meal.

7.30pm: orientation and housekeeping matters.

4th - 9th January 'getting on with it'.

10th January, clearing up and travelling on

For venue details see: www.aongateteoc.co.nz



The entrance to Aongatete Lodge

The cost for seven days at the Aongatete Lodge Retreat:

\$460 for Adults / \$250 for those aged 16 -22 (four placings are available)

The price includes accommodation and simple nourishing food.

A non-refundable deposit fee of \$50 is required with your registration to confirm your booking. Full payment for the week long retreat is required by the 15th December 2020.

A Dana/Koha bowl for Tarchin will be placed at the retreat.

Registration:

To register, please send an email to: littleweed.nz@gmail.com

Please include the following information:

- * Your name:
- * Email address:
- * Phone number(s):
- * The name and contact details of your safety contact person (i.e. someone we can contact in an emergency):
- * Food requirements: State if you follow a vegetarian diet or have food allergies and Christine our cook will be in touch with you for specific details.

Please make payments to:

- * Account name: January Retreat
- * Account No: 02-0340-0049070-000
- * Please include your name as a reference.

Covid-19:

Should an outbreak of Covid 19 occur in the Bay of Plenty region and Government regulations and restrictions are imposed, the retreat will be cancelled. A full refund will be made to participants with bookings.

Should any other region outside of the Bay of Plenty experience a Covid-19 outbreak and restrictions are placed on that region alone, the retreat will go ahead.

A full refund will be made to those participants from the affected area who are unable to attend because of restrictions.



To bring to the retreat ...

Bedding and pillows.

Towels, toiletries and personal medication

Your own first aid kit.

A floor mat or blanket for body work.

Meditation cushions

Snacks and a drink bottle

You may like to bring a mug and glass

Your swim suit

Insect repellent, sun screen

A torch

Suitable wet weather gear, walking shoes, boots and warm clothes for the evening

A portable outdoor seat perhaps.

\$1 coins for washing machine /dryer – both take 2 x \$1 coins

Laundry detergent



The swimming hole at Aongatete Lodge

Art materials – some suggestions:

A board to work on that is easy to carry outside

Sketch pads

A range of graphite pencils – from 2B to 6B

Coloured pencils

Soft pit charcoal

Pastels, oil pastels, crayons, felt tips

Pen and ink

Pencil sharpener, craft knife, scissors, eraser, ruler, sticky tapes and dog clips.

Paints – basic range of primary colours, black and white paint and any other colours, e.g. violet (student quality paints are OK)

Stretched canvases or prepared boards

Heavy grade watercolour paper

A mix of soft and stiff painting brushes including a pointed soft brush size 2 or 3

Oil paint and solvents

N.B: Oil paints are slow drying and, as solvent-based, will need to be used away from other retreatants.

A mixing palette. Old saucers from op shop are good

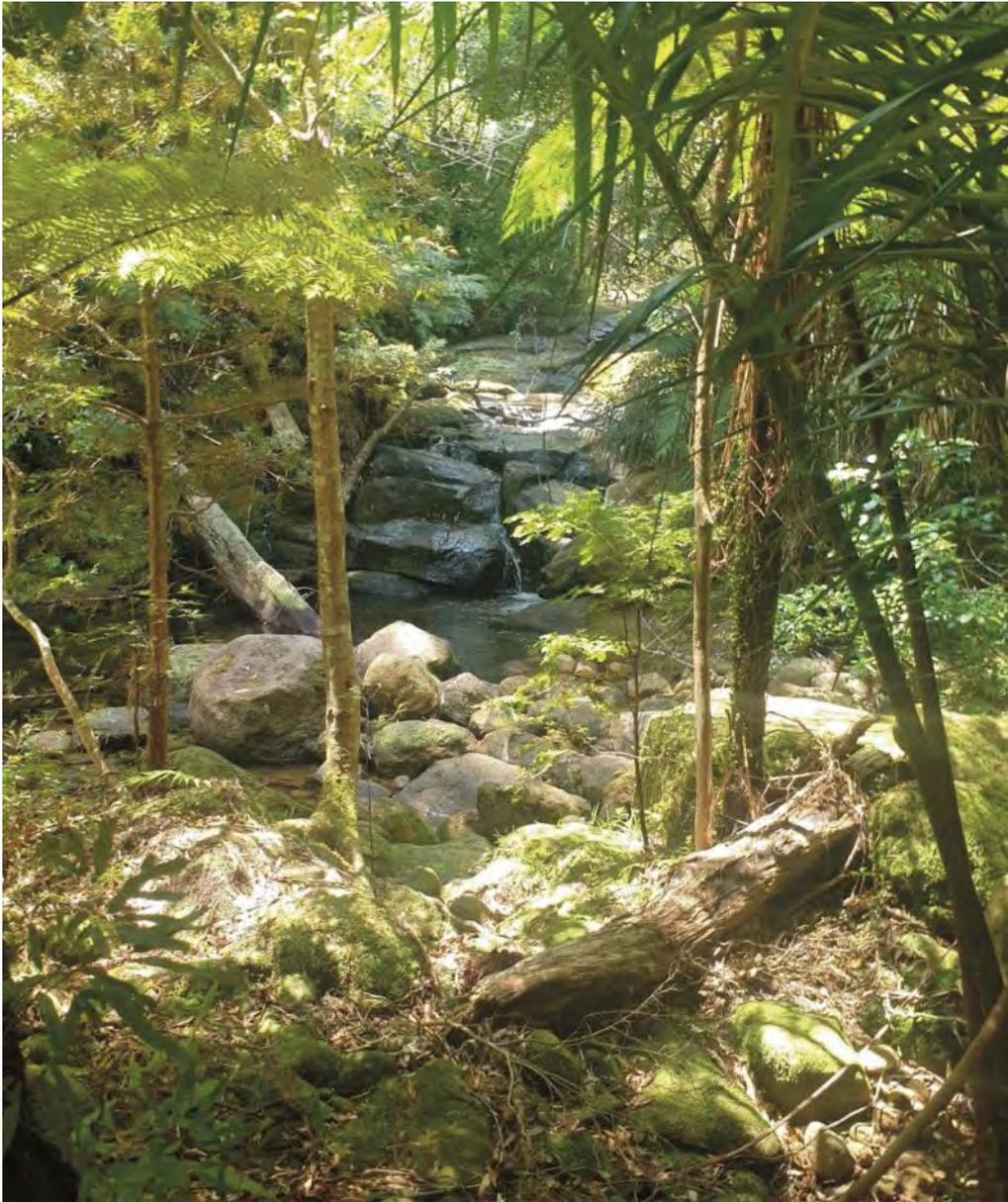
Plenty of rags & 2-3 jars for water and turpentine (Glass containers with lids for solvents)

The bare minimum to bring would be a sketch pad, pencils and pens.

Forgotten something? A small range of basic art supplies will be available to buy at the retreat.



The heart of a Manuka flower



If you require further information please contact:

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Email: littleweed.nz@gmail.com

The Mandala Retreat is being organised by Jacinta Nowland, Stephen Rolsky, Andy Macintosh, Anne van Leeuwen, June Mackay and Christine Gisby who will be cooking for us.