



A JOURNEY INTO

# THE QUIET

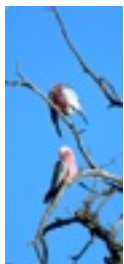
with Paul Wilson

14 - 21 July 2012

A DESERT WALK & MEDITATION WITH THE “GURU OF CALM” AUTHOR, COLUMNIST & TEACHER PAUL WILSON. EXPLORE CENTRAL AUSTRALIA’S MOST PROFOUND LANDSCAPES AND ENGAGE IN MEANINGFUL DIALOGUE WITH SOME OF IT’S MOST RESPECTED INDIGENOUS LEADERS.

# THE QUIET - 2012

A JOURNEY INTO THE QUIET combines the two traditions of contemplation and pilgrimage in a transforming spiritual adventure. The extended walk through the deserts, gorges and mysterious landscapes of the Macdonell Ranges in Central Australia takes you deep into the soul of the oldest part of our planet. Light years away from the material world of deadlines and man-made stimuli. As close to infinite as the human mind can imagine. And the perfect place to deepen and explore the wonder of your meditation practice. We integrate walking, the desert environment and meditation into a profound composite experience. The trip begins and ends in Alice Springs.



**Paul Wilson** is known throughout the world as “the guru of calm”. His simple approach to meditation and finding inner peace – skills that he developed as a child in the Outback – has encouraged Buddhists, Christian, Hindus, atheists, and all kinds of spiritual and secular groups to embrace his methods and, frequently, to employ him as a teacher. One enterprising journalist estimated that he has taught over 1 million people to meditate. *“His mixture of traditional meditation, alternative therapy, positive thinking and commonsense has persuaded millions to buy into his philosophy.”* “The Times

- Sat Assemble at 2pm in foyer of the Alice Springs Resort - visit Araluen Arts Centre - final briefing in the evening. Dine at the Alice Springs Resort.
- Sun Introduction to desert walking from Inarlanga Pass to Serpentine Chalet. Transfer to our private desert camp at Davenport Creek in the foothills of Mt Sonder. [4-5 hours easy/medium grade walking]
- Mon Walk the mesmerizing Ormiston Gorge. [4-5 hours easy/medium grade walking]
- Tues Break camp and walk to the beautiful Red Bank Gorge for lunch. Travel to Ipolera via Tyler's Pass with a view of the extraordinary Tnorala [Gosses Bluff]. We will be met by our hosts, Traditional Owner Herman Malbunka and Custodian Mavis Malbunka.. [3-4 hours easy grade walking]
- Wed Enjoy a day on country. Walk the Tjilpa Valley with young Arrentre guides and spend some quiet time in this beautiful place. Evening meal with the Malbunka family. [3 hours easy grade walking]
- Thur Break camp and travel to Palm Valley for a short walk with Arrentre guides. Return to the township of Hermansburg, a place steeped in the history and drama of the Central Australian story. We will camp in the old Mission Cultural Precinct and spend the evening performing with and for local people. [2-3 hours easy/medium grade walking]
- Fri Break camp and wind our way back to Alice Springs via a magic walk through Standley Chasm, a twisting maze of gorges and inspiration. Participate in a celebratory evening meal at the Resort. [2 hours medium/hard grade walking-easy option available]
- Sat Breakfast at the Resort and then personal time in Alice Springs before shuttle return to airport.

## TOTAL COST OF \$2990 INCLUDES

- 2 nights accommodation at the ALICE SPRINGS RESORT - twin share - [single upgrade available]- includes cooked breakfasts.
- 5 nights desert camp under the stars with including 1 night in Hermansburg Cultural Precinct.
- All coach transport on trail
- Formal & on-track workshops with facilitator, Paul Wilson.
- Licensed guided Larapinta & Ilpurla Trail Walk with lead guide, support vehicle & camp manager.
- All cooked breakfasts, morning & afternoon teas, lunches, dinners, snacks on the track.
- Araluen Arts Centre & the Namajira Galley on first Saturday.
- Private camps and indigenous interactions.
- First aid, satellite phones, all National Park fees etc.
- Surprises that you will just have to take my word for.

### EXCLUSIONS:

- airfares - flight options can be viewed on the website
- evening meals in the Alice Springs Resort
- alcohol

A non-refundable deposit of \$600 will secure your your place.  
All details and trip notes available at from Into the Blue Creative Walks  
[www.intotheblue.com.au](http://www.intotheblue.com.au) - 0414 929768

# THE QUIET - 2012

## OVERALL

**Into the Blue** designs your itinerary around the capacity and objectives of the group. The itinerary seeks to blend elements such as indigenous culture, gentle stretching, meditation and interpretative guiding within the context of a walking journey. Please note that the itinerary may change due to weather, aboriginal cultural imperatives or simply to better suit the objectives of the group.

## WORKSHOP

The meditation workshop is woven into the fabric of a walking journey. Daily meditations and conversations are fused beautifully into the incredible landscape in which you will sit, walk and observe.

## JOURNEY INTO THE QUIET IS FOR YOU:

- if you've never meditated before, Paul's approaches are easily learned. And can be put to use immediately.
- if you're an experienced meditator, they are a unique opportunity to explore the common thread between practices, and to simplify or clarify what you may be presently doing.
- if you've ever wondered what meditation was really about, or where it is taking you, here is the simple answer



## ABORIGINAL

The aboriginal interactions are a feature of The QUIET program.

Meaningful and personal interaction with one of Central Australia's most articulate and passionate indigenous advocates is a profound highlight of the trip.

## FITNESS & TRAINING

The walking component of the The QUIET allows you to feel the landscape around you. Each day on the track involves between 2 and 6 hours walking, but VERY SLOWLY. The adventure is graded easy/moderate, requiring a **fair level** of aerobic fitness. Please contact Into the Blue to discuss any fitness issues. You will carry a simple day pack that includes water, jacket, lunch, camera etc.

## CAMP LIFE

Our nights under the stars will be a highlight of the trip. Whilst the facilities are basic there will be a pit toilet & washing facilities. Sleeping will be in comfortable mosquito-proof bivvy bags. All camping gear is supplied. You will be expected to share some tasks around the camp such as rolling your sleeping bag etc.

## CLIMATE

Expect cool nights and warm, clear days. This is generally a magnificent time of the year in the Australian desert with everything that crawls soundly asleep and no or few flies.

## WHAT TO BRING

A printable equipment and clothing list is provided on the website under the The QUIET journey.

## FLIGHTS & ACCOMMODATION

All accommodation is at the Alice Springs Resort. If walkers are intending to arrive earlier in Alice or to stay longer they can book their own accommodation at the Alice Springs Resort at the Into the Blue corporate rate. When booking quote the Into the Blue Trip Name. CONTACT - 08 89514545

## UPON BOOKING

A representative of the Into the Blue shall call you upon booking. Final payment is due one month before your departure. Please don't hesitate to call with any questions you might have.