

Overland Oz & GH Meditation

Invite you to join us on a unique Rejuvenation journey
through the Northern Territory

Come see this amazing ancient land through
a connected lens, sleeping under the stars.

Monday 11th April 2022 to Saturday 16th April 2022
(6 days / 5 nights)

Beginning in Alice Springs & finishing in Uluru.



Our journey invites you to immerse yourself & to connect to this ancient land. All the while reconnecting with yourself on a very deep level. With the intention of leading you to a new level of release, awakening, peace, inspiration and well-being.

To truly connect, we will sleep under the stars in swags and dome tents allowing clear views of the tapestry of stars above, on some of the oldest surfaces on earth.

As well as being surrounded by the energy of the oldest civilisation on the planet.

Sleeping under a thousand year old river red gum tree on the banks of the oldest unaltered river system in the world, with Mount Sonder in the background can be truly life changing. Grounding & connecting ourselves each day through meditation and mindfulness activities. (Optional & no prior experience required)

This journey will be led by Matt Wesley & Greg Hawes



Matt has extensive tour guiding experience through Central Australia, Kakadu, Tasmania & The Kimberley. His local knowledge & network through the NT allows for the most amazing journey every time. His passion is specialising in small group unique experiences. Matt has worked very closely with Anangu traditional owners of Uluru & Kata Tjuta and speaks some of their language, he knows so many locals allowing for unique & authentic up-close experiences.

Greg Hawes is Meditation / Mindfulness coach & Retreat leader & has co led many tours through the Northern Territory over the last 20 years which also allows great local knowledge and the ability to attune to this land very deeply through grounding and optional mindfulness.

Greg has extensive experience in leading retreats. This synergy of local knowledge & experience between Matt & Greg allows you to rest easily knowing that you will be fully supported both physically and emotionally throughout your journey.

It is Greg's belief that retreats / pilgrimages should be a blend of deep connection and incredible fun & joy. Amazing travels, walks and processes during the day, with time also just for you each day. Followed by all hands on deck setting up camp, optional preparing of the evening meal and watching it cook slowly in the camp oven on the fire, while enjoying a glass of wine or two if you wish to. This seems to always make the perfect day...



We will greet you at Alice Springs airport in the middle of the day
(or in Alice Springs at your hotel if you chose to arrive any day earlier,
lots to see in and around Alice town)

We will then head out bush to set up our first campsite
& do our first meditation to ground ourselves into this land.

Over the next days we will then begin our journey westward through the
Western McDonnell ranges connecting deeply into this sacred land. Unlike most
tours that stop & look for a few minutes, we will mindfully take time to immerse
ourselves & become part of the Mother Earth's natural pace. Setting up camp
each night, preparing meals and a campfire.



We will take in the majestic beauty of some amazing places along the way.
Sit with ancient river red gums & billabongs. Enjoy spectacular sunrises and
sunsets around a beautiful campfire with a backdrop of ancient red hued
mountain ranges (one of life's great experiences)

We will travel around the red soil Mereenie loop to the Kings Canyon area. We will
walk the Kings Canyon rim walk. We will take in & connect to the sacred local
area and learn a little about local bush tucker, bush medicines & ways of the
Lurritja people.

We will then head for one of the planet's most significant spiritual places &
solar plexus of Mother Earth – Uluru.
On the way passing an ancient salt lake and Atila (Mount Conner) which is the
little brother of Uluru.

Spending time at the base of Uluru, learning about its spiritual dreamtime history and personally experiencing the immense power of the world's largest monolith. Enjoying an Uluru sunset, watching the changing colours on the rock. We will also get up early one morning to witness the spectacular sunrise upon incredible Uluru.

We will visit the cultural centre at Uluru, taking in some stories and browsing the handcrafts and artwork of the local indigenous artisans. Often with the chance to meet local artists there and observing them doing their incredible art. If we are lucky, Matt will communicate with them in their local mob language – a true privilege to witness.

We will visit Kata Tjuta. Walking through the spectacular Valley of the winds. We will meander through the domes of the big brother to Uluru. Walking while the winds literally whisper to you.

The last morning after breakfast & good byes we will deliver you a short distance to Uluru Airport for flights back home. With the intention of you arriving back home in a much improved mindset, having visited this ancient world, connecting with it and deeply with yourself. Most likely knowing that you need to return to this ancient magical land again one time soon.



The land cost of this 6 day / 5 night fully guided journey is \$1750 per person

\$700 deposit will secure your place (limited spaces available).

If due to Border closures and tour cannot proceed, you will be offered a credit or refund for any monies paid for tour. Otherwise Travel insurance recommended.

Payment instalments can be made leading up to the tour departure, with full payment due by 24th March 2022.

Tour price includes:

Guidance by Greg & Matt 6 days / 5 nights

All accommodation 5 nights

(in swags & sleeping bags in mozzie dome tents & permanent tents)

All breakfasts, lunches & dinners (beginning with dinner on the first night at camp)

All transportation in an air-conditioned private 4WD vehicle – from Alice Springs airport to Ayers Rock airport

All park entrance fees

Meditation and mindfulness activities each day (optional participation)

Not included: Air travel fares, travel insurance, expenses before & after tour, alcoholic drinks.

This is a hands-on tour, where you will setup your own tents, swags etc

Toilets (no showers) will be available at some stage of each day during days 1 & 2 not at night.

By evening of Day 3 toilets & showers at campsites & venues.

Before that there is nothing like a refreshing dip in beautiful water waterhole and the Finke River.

All adds to the gratitude & experience!



For further details or bookings please email greg@ghmeditation.com
We look forward to welcoming you on this wonderful journey.

For the well-being of all guests and guides, we kindly request that all travellers
are fully vaccinated at least a couple of weeks before the tour departure.