

Please retrain the next 2 pages for your information

# Dzogchen Beara Programme Information Sheet

## January to July 2010

### Booking and Registration Details

**Bookings can only be confirmed on receipt of a completed booking form** with either full payment or 50% of the retreat fee and accommodation fee if applicable.

**Accommodation** (For a list of off-site accommodation see: [www.dzogchenbeara.org](http://www.dzogchenbeara.org))

**On Site:** A small number of dormitory beds are available in our hostel (€15 per night). Occasionally shared cottage accommodation is also available. Telephone Dzogchen Beara to check availability before returning your form.

**Off Site:** A list of local accommodation is available on our web site, via email and by post. We are unable to provide daily transport but if you do not have a car we will do our best to arrange car sharing.

**Travel** (Full details can be found at [www.dzogchenbeara.org](http://www.dzogchenbeara.org))

Dzogchen Beara is on the Beara Peninsula in Co Cork, halfway between Castletownbere and Allihies. The nearest airport, train and bus stations are in Cork city, 90 miles away.

Kerry airport (Farranfore) is a smaller airport, also 90 miles away but all public transport connections are via Cork city.

**Bus Eireann (021 450 8188)** run a bus from Cork to Castletownbere three days a week.

A daily mini-bus (seats must be booked in advance) departs from Cork at 6pm Mon-Sat (excluding Thurs) and 7.30pm on Sundays; call **Harrington's** on **027 74003**. The mini-bus departs Castletownbere for Cork at 8am Mon-Sat (except Thurs) and 5pm on Sundays.

For service on Thursdays call **O'Donoghue's** on **027 70007**.

For **taxis** from Castletownbere to Dzogchen Beara, ring Shanahans on **027 70116**,

Beara Cabs on **087 649 4796** or AD Hackney service on **087 284 5796**.

### Medical

Please note that there are no medical facilities or staff on site. The local doctor is in Castletownbere, 5 miles away. The nearest hospitals are in Bantry (30 miles), and Cork (90 miles). If you have a serious medical condition (for example asthma, serious allergy to bee stings, heart condition) please inform a member of staff during registration. If you are taking prescribed medication we insist that *you continue to take it while you are here*. Ensure that you have adequate medical insurance for your stay.

### Psychotherapy

Retreats are based on Tibetan Buddhist teachings and are not intended as a substitute for psychotherapy. We endeavour to take care of everyone who comes to our events and retreats as best we can. However, we do not provide professional psychological care. If you have a psychological condition or are concerned about your mental state, please consult with your therapist or doctor before applying.

### Catering

All retreats include vegetarian lunch and evening meals. Breakfast is self-catering unless otherwise stated. Those staying on site should bring breakfast supplies with them as the nearest shops are five miles away.

### What to Bring

Please bring warm and light clothes, waterproof clothing and sturdy shoes. In summer bring sunglasses and insect repellent. In winter, a torch is recommended.

### Registration

Unless otherwise stated, registration is held **one hour before the start of each retreat**, and at lunchtime on the first day.

## **Payment**

We accept payment by cheque and bank draft (*drawn on Irish Banks only*), postal order, credit and laser card and bank transfer (*from outside Ireland only*):

**For all Bank Transfers: please quote event name/title.**

**Bank Transfer details:** Allied Irish Bank, Castletownbere, West Cork, Ireland

**Sort Code:** 93 62 78 **Account number:** 02992097 **Bank Identifier Code (BIC):** AIBKIE2D

**INTERNATIONAL BANK ACCOUNT NUMBER (IBAN):** IE57AIBK936278 02992097

## **PROGRAMME OVERVIEW (January – July 2010)**

### **Finding Peace – An Introduction to Meditation**

8pm Friday 15<sup>th</sup> to 1pm Sunday 17<sup>th</sup> January      Fee: €180 Conc €150

### **Facing Loss, Healing Grief**

8pm Friday 22<sup>nd</sup> to 1pm Sunday 24<sup>th</sup> January      Fee: €180 Conc €150

### **Discovering the True Nature of Love – 7-Day Loving Kindness Retreat**

6pm Saturday 20<sup>th</sup> to 1pm Saturday 27<sup>th</sup> February      Fee: €330 Conc €270

### **An Introduction to Ngöndro – A Weekend Retreat**

11am Friday 5<sup>th</sup> to 1pm Sunday 7<sup>th</sup> March      Fee: €200 Conc €150

### **Deep Listening™ – An Advanced Listening Training Intensive**

8pm Wednesday 10<sup>th</sup> to 1pm Sunday 14<sup>th</sup> March      Fee: €450 Conc €380

### **Discovering Our Basic Goodness – Easter Retreat**

11am Friday 2<sup>nd</sup> to 1pm Monday 5<sup>th</sup> April      Fee: €260 Conc €200

### **Educating Children in the Dharma – Rigpé Yeshe Family Retreat**

10am Saturday 17<sup>th</sup> to 1pm Sunday 18<sup>th</sup> April      Fee adult: €100 child: €60

### **Understanding Palliative Care – Caring holistically for patients at the end of life**

8pm Friday 23<sup>rd</sup> to 1pm Sunday 25<sup>th</sup> April      Fee: €180 Conc €150

### **The Good Heart – May Bank Holiday**

10am Saturday 1<sup>st</sup> to 1pm Monday 3<sup>rd</sup> May      Fee: €200 Conc €160

### **Facing Loss, Healing Grief**

8pm Friday 7<sup>th</sup> to 1pm Sunday 9<sup>th</sup> May      Fee: €180 Conc €150

### **Finding Peace – An Introduction to Meditation**

8pm Friday 14<sup>th</sup> to 1pm Sunday 16<sup>th</sup> May      Fee: €180 Conc €150

### **A Pilgrimage to Skellig Michael with Dzigar Kongtrul Rinpoche**

Friday 28<sup>th</sup> May      Fee: €75

### **Dzigar Kongtrul Rinpoche – Awakening the Mind and Softening the Heart**

10am Saturday 29<sup>th</sup> to 2pm Sunday 30<sup>th</sup> May      Fee: €220 Conc €160

### **A Delicate Balance – Developing Our Understanding and Skill in Meditation**

10am Saturday 5<sup>th</sup> to 1pm Monday 7<sup>th</sup> June      Fee: €180 Conc €150

### **Sogyal Rinpoche – Ireland Summer Retreat**

Friday 2<sup>nd</sup> to Sunday 11<sup>th</sup> July (dates to be confirmed) Fee: €490

### **Opening the Heart Through Forgiveness**

8pm Friday 23<sup>rd</sup> to 1pm Sunday 25<sup>th</sup> July      Fee: €180 Conc €150

Your booking form can be returned to Dzogchen Beara via email to [info@dzogchenbeara.org](mailto:info@dzogchenbeara.org), fax to +353 (0)27 73177 or by post.

## Dzogchen Beara - Event Booking Form

### January to July 2010

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Please return completed booking form with full fee or deposit of 50%. We endeavour to keep our fees as low as possible. If you have a sincere wish to attend an event but are unable to meet the cost please write detailing your circumstances.

#### USE ONE BOOKING FORM PER PERSON PER EVENT.

(Booking forms are available from Dzogchen Beara or can be downloaded from [www.dzogchenbeara.org](http://www.dzogchenbeara.org))

**Event:**

**Event Date:**

Name:

Address:

Phone No:

Occupation:

E-mail (print clearly in capitals):

Name and tel in case of emergency:

I can offer a lift from:

#### Accommodation

I have booked accommodation at

I booked accommodation at Dzogchen Beara by phone (answer yes or no):

#### Shrine Room

I would like to use a chair (answer yes or no):

I will bring a cushion (answer yes or no):

#### We request the following details to help us prepare the retreats to best reflect the needs of those attending:

Are you familiar with the practice of sitting meditation in the Tibetan Buddhist tradition? Yes or No:

Have you read *The Tibetan Book of Living and Dying* by Sogyal Rinpoche? Yes or No:

Have you previously attended a retreat at Dzogchen Beara?

Have you attended a course at a Rigpa Centre? If yes, please say which one, eg *Finding Peace*, *Eight Verses of Training the Mind*:

Do you have a regular practice of Meditation, Compassion, Ngöndro or Sadhana?  
If yes please give brief details:

