

In the Meditation Garden Marquee

Friday, 10<sup>th</sup> July

4.00 – 5.30pm **Theo Dorgan, Paula Meehan, Tony Curtis**  
(Poetry readings)

Doors 7.30pm / **Luka Bloom**  
Show 8.00pm

Saturday, 11<sup>th</sup> July

Dzogchen Beara is open to visitors – please refer to our daily programme on the back of this flyer.  
Meanwhile the *Free Spirit Team* will be participating in the annual West Cork Emergency Services charity cycle in Skibbereen.  
For more information visit: [www.bandonredcross.com](http://www.bandonredcross.com)

Sunday, 12<sup>th</sup> July

2.00 – 5.00pm **Sarah Walker and Eileen Tyrell**  
(Art workshop – for ages 6 to 16)

Doors 7.30pm / **John Spillane**  
Show 8.00pm

Monday, 13<sup>th</sup> July

3.00 – 4.30pm **Nóirín Ní Riain, Eoin Ó Súilleabháin, Ruth Wieder Magan** (Voice workshop)

Doors 7.30pm / **Nóirín Ní Riain, Eoin Ó Súilleabháin, Ruth Wieder Magan**  
Show 8.00pm

Free admission to all events.  
Donations are welcome!

Our Daily Programme

Visitors to Dzogchen Beara are welcome to participate in the daily guided meditation sessions, to enjoy the natural environment and visit our book shop or treat themselves in our coffee shop *Harriet's Kitchen*.

9.00 – 9.45am **Guided Meditation**  
(Shrine Room)

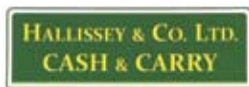
3.00 – 4.00pm **Guided Loving Kindness Meditation**  
(Dechen Shying Spiritual Care Centre)

During our annual Summer Retreat from 26<sup>th</sup> June – 5<sup>th</sup> July, Dzogchen Beara Retreat Centre is closed to the public. Apologies for any inconvenience.

Partners on Beara | For more Beara information  
(including accommodation)

[www.allihies.ie](http://www.allihies.ie)  
[www.castletownbere.ie](http://www.castletownbere.ie)  
[www.bearatourism.com](http://www.bearatourism.com)

A big FREE SPIRIT thank you to our sponsors:



The Square, Kenmare, Co. Kerry  
tel: 064 6641022 / 064 6641211



[www.soulrebel.ie](http://www.soulrebel.ie)



cityprint

[www.cityprint.ie](http://www.cityprint.ie)



[www.jksignage.ie](http://www.jksignage.ie)



IRISH MARQUEES

[www.irishmarquees.com](http://www.irishmarquees.com)

FREE SPIRIT BEARA <sup>TM</sup>

10<sup>th</sup> – 13<sup>th</sup> July 2009 | free admission



meditation | music | poetry | art | workshops | well-being

Dzogchen Beara Retreat Centre

Garranes, Allihies, West Cork

[www.dzogchenbeara.org](http://www.dzogchenbeara.org) | tel: 027 73032

5 miles west of Castletownbere on the Allihies road

photograph © Chinch Gryniewicz

## Welcome to FREE SPIRIT 2009!

Free Spirit is an expression of goodwill born out of generosity and kindness.

A big thank you to Dzogchen Beara, the artists and our sponsors. They *are* FREE SPIRIT.

We hope you will be able to enjoy these few days on Beara with us.



Best wishes  
FREE SPIRIT 2009



The meditation garden at Dzogchen Beara

FREE SPIRIT is alcohol & drug free  
Thank you!



### Theo Dorgan, Paula Meehan, Tony Curtis

Theo, Paula and Tony are frequent visitors to the area, attracted by the unfailing inspiration that is the Beara Peninsula. For FREE SPIRIT they offer an afternoon for the writer in each of us. *For writing retreats on Beara visit:* [www.anamcararetreat.com](http://www.anamcararetreat.com)



### Luka Bloom

Landing back in Ireland following the success of his American tour, we are delighted Luka is free to join us again – almost straight from the airport. Welcome home! [www.lukabloom.com](http://www.lukabloom.com)



### Sarah Walker

Sarah, together with Eileen Tyrell, have been offering art workshops to young people for many years. Their talent is matched only by their boundless enthusiasm! To see how Sarah sees Beara visit: [www.sarahwalker.ie](http://www.sarahwalker.ie)



### John Spillane

John makes no secret of his love of Cork city. This will be his first visit at Dzogchen Beara and we hope it will be the beginning of another beautiful relationship! [www.johnspillane.com](http://www.johnspillane.com)



### Nóirín Ní Riain, Eoin Ó Súilleabháin

Even for a land so blessed with musical talent, Nóirín and Eoin are unique. Dzogchen Beara is the perfect location to hear two voices that resonate between heaven and earth.

[www.theosony.com](http://www.theosony.com)  
[www.size2shoes.com](http://www.size2shoes.com)



### Ruth Wieder Magan

Welcome to Ruth, a renowned voice in Israel, travelling to Ireland for the first time. Ruth brings the richness of the Jewish spiritual tradition alive. *For more information and other dates in Ireland visit:*

[www.myspace.com/ruthwiedermagan](http://www.myspace.com/ruthwiedermagan)