

TO CARE, TO CURE, TO ACCOMPANY

7pm Saturday 20th to 1pm Friday 26th March

At Dechen Shying Spiritual Care Centre at Dzogchen Beara Retreat Centre

Please read ALL of this information prior to making your booking.
Thank you.

Programme Information

The training fee is €650 which includes lunch and evening meals. It does not include the cost of accommodation.

Booking and Registration Details

Bookings can only be confirmed on receipt of a completed booking form with either full payment or 50% of the event fee and accommodation fee (if applicable). The fee is €650 which includes lunch and evening meals. It does not include the cost of accommodation.

Accommodation at Dzogchen Beara

Accommodation on-site at Dzogchen Beara or the Dechen Shying Spiritual Care Centre **must be booked in advance** by contacting Dzogchen Beara directly by emailing info@dzogchenbeara.org or telephoning 00 353 27 73032

Cottages:

We have only 2 cottages available at Dzogchen Beara prices as follows:

- Double en-suite – €60 per night
- Double room – €50 per night
- Twin room – €40 per night

Hostel:

- Hostel dormitory – €15 per night
- Hostel Family Room – €40 per night (2 double beds)

Dechen Shying Spiritual Care Centre:

- Single/Twin ensuite rooms between €40 and €65 per night
- Double ensuite rooms from €55 to €85 per night

Accommodation Off Site

For a list of off-site accommodation see <http://www.dzogchenbeara.org/index.php?pid=88>
If you are booking off site and do not have your own transport, please book accommodation in Allihies not in Castletownbere. A daily bus service will transport you to Dzogchen Beara at a weekly cost of €50.00. A list of local accommodation is available on our web site, via email, and by post.

We have reserved cottage accommodation in Allihies Village. If you would like to book a room please contact Dzogchen Beara by telephone.

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

Travel to Dzogchen Beara from Cork Airport

(Full details can be found at www.dzogchenbeara.org)

Transport will be provided to and from Cork Airport leaving on Saturday 20th at 4.00pm. The journey time is an estimated 2.5 hours. It will return to Cork on Friday 26th at 2.00pm, arriving at Cork Airport at 4.30pm.

Bus Eireann run a bus from three days a week, Tel: 00 353 21 450 8188. A daily mini bus (seats from Cork to Castletownbere must be booked in advance) departs from Cork at 6pm Mon-Sat (excluding Thurs) and 7.30pm on Sundays; call Harrington's on 00 353 27 74003. For service on Thursdays call O'Donoghue's on 00 353 27 70007. The mini-bus departs Castletownbere for Cork at 8am Mon-Sat (except Thurs), and 5pm on Sundays. For taxis from Castletownbere to Dzogchen Beara, ring Shanahans on 00 353 27 70116, Beara Cabs on 00 353 87 649 4796 or AD Hackney Service 00 353 87 284 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 ask that you continue to take it while you are here. Ensure that you have adequate medical insurance for your stay.

Payment

We accept payment by credit card, and bank transfers (from outside Ireland only):

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

Bank Transfers 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

Catering

Lunch and Supper is provided as part of the training fee. Breakfast will be provided at Dechen Shying Spiritual Care Centre, for those staying at Dzogchen Beara.

Registration

Registration for the training will be from 6.30pm on Saturday 20th March. This will be followed with a Welcome Supper at 7pm. The training will begin at 10.00am on Sunday 21st March in Dechen Shying Spiritual Care Centre.

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.

Rigpa Spiritual Care Education Programme

Dzogchen Beara Retreat Centre

Garranes, Allihies, West Cork

Email / Web: ireland@spcare.org www.spiritualcare.ie

Tel/ Fax: +353 (0)27 73 959 +353 (0)27 73177

For General Enquiries about Dzogchen Beara Retreat Centre

Email / Web: info@dzogchenbeara.org www.dzogchenbeara.org

Tel/ Fax: +353 (0)27 73 032 +353 (0)27 73177

FORMULAIRE D'INSCRIPTION A LA FORMATION

Soigner, guérir, accompagner

Votre formulaire de réservation peut être envoyé-à Dzogchen Beara via le courrier électronique à info@dzogchenbeara.org, le fax à 027 73177 ou par le poste.

LE BUREAU du CENTRE DE RETRAITE À DZOGCHEN BEARA ne parle que l'anglais:
Si vous avez des questions en français, contactez s'il vous plaît Cathy Blanc à notez Cathy-blanc@wanadoo.fr

Merci de renvoyer le formulaire de réservation avec tout ou 50% du montant du coût.

Nous faisons tout notre-possible pour garder nos coûts les plus bas possibles. Si vous avez un désir sincère d'assister à un événement, mais vous êtes incapables d'en payer merci de nous écrire pour en expliquer les raisons..

Nom :

Adresse :

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Téléphonez à No.

Profession:

L'e-mail (en capitales) :

Le nom et le Tél en cas d'urgence :

Logement : J'ai réservé le logement à :

J'ai réservé le logement à Dzogchen Beara par le Téléphone +353 27 73032

Détails Personnels

Les informations seront traitées confidentiellement et ne seront utilisées que pour nous aider à préparer nos événements au mieux:-

Est-ce que vous êtes familiers avec la pratique de méditation ?

Dans quelle la tradition spirituelle avez-vous appris la méditation ?

Avez-vous lu 'le Livre Tibétain de Vie et de Mort' par Sogyal Rinpoche ?

Avez-vous lu 'Trouver l'espoir face à la mort par Christine Longaker ?

