

ACCOMMODATION

Accommodation at the Care Centre is in private rooms with en-suite bathrooms. There is a choice of twins and doubles (with adjustable beds), some of which have ocean view conservatories.

There is a fully-equipped shared self-catering kitchen and comfortable seating areas including a room with TV and DVD player.

Bed and Breakfast Prices

Conservatory Room		
October – April	Single €65	pps €35
May, June, September	Single €70	pps €40
July & August	Single €80	pps €45

Guest Room		
October – April	Single €55	pps €30
May, June, September	Single €60	pps €35
July & August	Single €70	pps €40

A fund is available for grants on application to supplement the accommodation costs of guests on limited incomes.

There is no fee for the support offered at The Care Centre (the only charge is for accommodation). Guests on care breaks are invited to make a donation according to their means.

For more information please contact us.

Tel: 00 353 (0) 27 73370 Email: info@dechenshying.org
The Care Centre, Garranes, Allihies, West Cork



THE CARE CENTRE AT DZOGCHEN BEARA, WEST CORK

A haven of peace for when you are experiencing difficult times.



THE CARE CENTRE AT
DZOGCHEN BEARA



Purpose-built in 2009, The Care Centre is fully wheelchair accessible and designed to provide a sense of space and relaxation. Our spiritual care team offers one-to-one guidance on how to apply meditation and contemplative practices to life's challenges.

We offer supportive care breaks for guests who are;

- facing long-term or life-limiting illness
- grieving the loss of a loved one
- living with a disability
- needing a break from being a carer
- experiencing difficulties in relationships
- experiencing stress or burn-out.

We also offer facilitated weekends for those coping with bereavement and for guests living with illness and disability. The centre is also available for groups who wish to use the space for their own programme.

YOUR STAY

Before you arrive you can talk with a member of the team to make a plan for your stay.

The care team offers support through listening and companionship as well as guidance in meditations and contemplations which can be helpful for stress, anxiety, grief or pain. While these practices come from the Buddhist tradition they are universally meaningful, even for those with a secular outlook. They are suitable for complete beginners and don't involve difficult postures or complicated techniques.

Guests are also welcome to attend the guided practices of meditation and Loving Kindness which are offered daily in our beautiful meditation rooms.