

HIGHLIGHTS

19-22 APR // Fri 8pm – Mon 1pm // €280, conc €225

Contemplating Change

Easter Bank Holiday Weekend
with Susan Browne

8-12 MAY // Wed 8pm – Sun 1pm // €350, conc €305

Wellbeing and Resilience

Meditation retreat for health and social care professionals
with Kirsten DeLeo

17-19 MAY // Fri 8pm – Sun 1pm // €260, conc €225

Ringu Tulku Rinpoche

A highly learned Lama known for the humour and clarity of his teachings



24-26 MAY // Fri 8pm – Sun 1pm // €260, conc €225

Healing: The Spiritual and Emotional Approach

with Alain Beaugard

7-9 JUN // Fri 8pm – Sun 1pm // €260, conc €225

Elizabeth Mattis Namgyel

Claiming Agency for Our Own Awakening



21-29 JUN // Fri 8pm – Sat 11am // €1,350

Authentic Presence Immersion

Professional training in the contemplative-based approach to end-of-life care
with the Spiritual Care Programme faculty

MINI-RETREATS

Open Mind – Open Heart

Thursdays 10am – 1pm // €20

Relaxed drop-in sessions with experienced instructors.



6-13 JUL // Sat 7pm – Sat 1pm // €470, conc €360

Peaceful Mind, Loving Heart

Meditations for Finding Peace and Developing Loving Kindness
with Andrew Warr and Veronica Nicholson

6-8 SEP // Fri 8pm – Sun 1pm // €260, conc €225

Chagdud Khadro

Radical Responsibility
The Four Thoughts that Turn the Mind



25-28 OCT // Fri 8pm – Mon 1pm // €290, conc €250

Khamtrul Rinpoche

Meditation instructions on *A Record of Mahamudra Instructions* by Pema Karpo
This is Rinpoche's first visit to Ireland.



MEDITATION

3-6 MAY // Fri 8pm – Mon 2pm // €280, conc €225

Contemplative Walking

with John Douglas

Meditation in Action

31 MAY-3 JUN // Fri 8pm – Mon 1pm // €280, conc €225

Calm and Clear

Meditation and relaxation
with Andrew Warr

23-25 JUL // Tue 11am – Thu 1pm // €250, conc €215

Contentment: The Greatest Treasure

Meditation and relaxation for over-50s
with Susan Browne

2-5 AUG // Fri 8pm – Mon 2pm // €280, conc €225

Contemplative Walking

Bank Holiday Weekend
with John Douglas

Meditation in Action

20-22 SEP // Fri 8pm – Sun 1pm // €230, conc €185

Calm and Clear

Meditation and relaxation
with Andrew Warr

8-10 NOV // Fri 8pm – Sun 1pm // €230, conc €185

Not a Digital Detox

How we can have a healthy relationship with technology
with Jonathan Garner

FREE GUIDED MEDITATION

Calm-Abiding Meditation

Mon – Sun 9 – 9.45am

Everybody welcome, no experience needed.



6-8 DEC // Fri 8pm – Sun 1pm // €230, conc €185

Finding Peace

Learn how to meditate and to bring its benefit into daily life
with Andrew Warr

28 DEC-1 JAN 2020 // Sat 11am – Wed 1pm // €430, conc €360

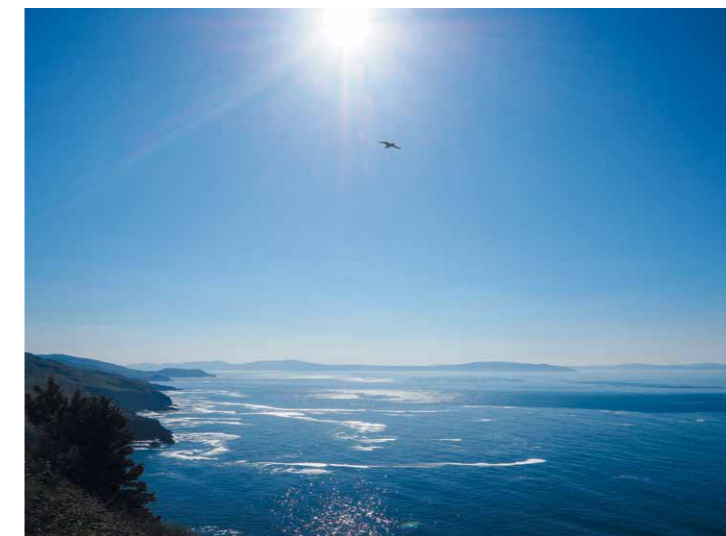
Good in the Beginning

Our Annual New Year Retreat
with Andrew Warr

17-19 JAN 2020 // Fri 8pm – Sun 1pm // €230, conc €185

Finding Peace

Learn how to meditate and to bring its benefit into daily life
with Andrew Warr



GIFT VOUCHERS

Give a friend the gift of meditation; a retreat or restful break at Dzogchen Beara. Purchase on-line.



CAFÉ AND SHOP

Artisan coffees and teas, home-baked treats, vegetarian lunches and selected books and gifts. Open all year.



VENUE HIRE AND GROUP VISITS

Meditation rooms and accommodation available for groups, with catering if required: Day visits and retreats designed to suit your needs.

COMPASSION

FREE GUIDED MEDITATION

Loving Kindness Meditation

Mon – Fri 3 – 3.45pm

Everybody welcome, no experience needed.



15-18 MAR // Fri 8pm – Mon 1pm // €280, conc €225

Cultivating Compassion

St. Patrick's Holiday Retreat
with John Douglas

11-13 OCT // Fri 8pm – Sun 1pm // €230, conc €185

Loving Kindness

Connecting with our innate empathy and kindness
with Andrew Warr

8-15 FEB 2020 // Sat 7pm – Sat 1pm // €430, conc €330

Loving Kindness Week

Discovering the True Nature of Love
with Andrew Warr and Anne Sheehan



ACCOMMODATION

Enjoy a break in a secluded clifftop cottage, a private room in the Spiritual Care Centre or our farmhouse hostel.

DZOGCHEN BEARA

Dzogchen Beara is a Tibetan Buddhist Meditation centre renowned for its atmosphere of profound peace and spectacular ocean views. A warm welcome is extended to everybody.

Concession rates and flexible payment options are available for all retreats. Dzogchen Beara has a policy of not turning anyone away for financial reasons. Accommodation is not included in retreat fees.

Dzogchen Beara Trust (CHY9368) and Spiritual Care Ireland (CHY18815) are registered with the Charities Regulator.

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dzogchenbeara.org



HEALING & CARE

5-7 APR // Fri 8pm - Sun 1pm // €230, conc €185

Making Friends With Death

with Kirsten DeLeo

19-21 JUL // Fri 8pm - Sun 1pm // €260, conc €215

Facing Loss, Healing Grief

with Bernie Jeffery and John Douglas

26-28 JUL // Fri 8pm - Sun 1pm // €240, conc €185

Healing Relationships

with Rosamund Oliver

23-25 AUG // Fri 8pm - Sun 2pm // €240, conc €185

Medical QiGong

Medical QiGong for Beginners and Improvers
with Tony Walsh

2-6 OCT // Wed 8pm - Sun 1.30pm // €435, conc €375

Deep Listening

with Rosamund Oliver

15-17 NOV // Fri 8pm - Sun 1pm // €230, conc €185

Present Through the End

Accompanying a family member or friend
at the end of their lives
with Kirsten DeLeo

22-24 NOV // Fri 8pm - Sun 1pm // €260, conc €215

Facing Loss, Healing Grief

with Bernie Jeffery and John Douglas

24-26 JAN 2020 // Fri 8pm - Sun 1pm // €230, conc €185

Taking Charge of your Life

with Kirsten DeLeo



SPIRITUAL CARE CENTRE

Designed to provide a sense of space and relaxation, the Spiritual Care Centre is open to everybody. Supported breaks are available by arrangement, for guests living with illness, bereavement or facing other life challenges. Fully wheelchair accessible. Groups welcome.



TEMPLE

Ireland's first Tibetan Buddhist temple is being built at Dzogchen Beara.

FREE EVENTS

THE ONLY CHARGE IS FOR YOUR FOOD. You are invited to make an offering towards the event costs if you wish or can, but there is no obligation.

14-16 MAY // Tue 11am - Thu 1pm // Catering only fee €70

Meditation as a Way of Being

For the over-50s
with Christine Whiteside

24-26 SEP // Tue 11am - Thu 1pm // Catering only fee €70

Kum Nye Tibetan Yoga

Body & Mind, Comfort & Ease
with Matt Padwick

Meditation
in Action

29 NOV-6 DEC // Fri 8pm - Fri 1pm // Catering only fee €160

Natural Great Peace

For anyone with previous experience of meditation
with Andrew Warr

7-9 JAN 2020 // Tue 11am - Thu 1pm // Catering only fee €70

Mindful and Aware

For younger people (18-30)



CALENDAR

EVENT CATEGORIES
■ Highlight
■ Compassion
■ Free Event
■ Meditation
■ Healing & Care

MAR	15-18	Cultivating Compassion
APR	5-7 19-22	Making Friends With Death Contemplating Change
MAY	3-6 8-12 14-16 17-19 24-26 31-3 JUN	Contemplative Walking Wellbeing and Resilience Meditation as a Way of Being Ringu Tulku Rinpoche Healing: The Spiritual and Emotional Approach Calm and Clear
JUN	7-9 21-29	Elizabeth Mattis Namgyel Authentic Presence Immersion
JUL	6-13 19-21 23-25 26-28	Peaceful Mind, Loving Heart Facing Loss, Healing Grief Contentment: The Greatest Treasure Healing Relationships
AUG	2-5 23-25	Contemplative Walking Medical QiGong
SEP	6-8 20-22 24-26	Chagdud Khadro Calm and Clear Kum Nye Tibetan Yoga
OCT	2-6 11-13 25-28	Deep Listening Loving Kindness Khamtrul Rinpoche
NOV	8-10 15-17 22-24 29-6 DEC	Not a Digital Detox Present Through the End Facing Loss, Healing Grief Natural Great Peace
DEC	6-8 28-1 JAN	Finding Peace Good in the Beginning
JAN ²⁰²⁰	7-9 7-9 17-19	Taking Charge of your Life Mindful and Aware Finding Peace
FEB ²⁰²⁰	8-15	Loving Kindness Week



PROGRAMME 2019



**DZOGCHEN
BEARA**

BUDDHIST MEDITATION CENTRE

dzogchenbeara.org