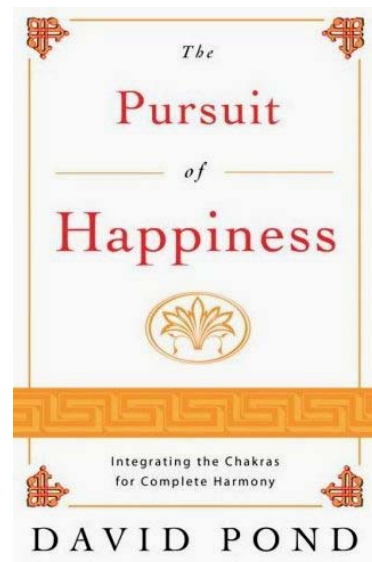




Ireland in the Spring... June '09



June 6th through the 12th (leaving the morning of the 13th)

Our areas of exploration will be in County Cork, the South Central coast of Ireland. County Cork is known as the cuisine capital of Ireland, with towns proud of their Fair Trade status and use of local food sources. Ireland has been the darling economy of Europe over the past 10 years, thought of by some as the Silicon Valley of Europe. This has created a situation where parts of Ireland are experiencing the effects of excessive growth in some areas and it is just busy. There is also the charm of the villages and the spirituality linked to the land. This still exists and can be found and our trip will take us to the heart of Irish experience; raw nature and the freshest air in all of Europe.

The workshop material will be from David's new book, *The Pursuit of Happiness*, and all participants will receive a copy.

June 6th and 7th: Actons Hotel in Kinsale

June 8th, 9th and 10th: Gougane Barra Hotel at the Gougane Barra Forest

June 11th and 12th: Actons Hotel in Kinsale

Group Size: 25 (limited space available)

Airport: Cork, Ireland

You can fly directly into Cork from London. Cork is the second largest city in Ireland (approximately 250,000 people). This is a city worth exploring in its own right, with the English market in the center of town and endless side streets with interesting cafes, coffee shops, bookstores and shops of all sorts. But it is also a hub for getting you anywhere else you might want to go before or after our workshop.

Bus to Kinsale:

The Bus to Kinsale leaves the airport every 30 minutes. Kinsale is a half-hour south of Cork. The bus drops you off at the Tourist Information Center, Actons Hotel is 2 blocks up the harbor road.

Kinsale is a beautiful Irish village/town nestled around a harbor on the South coast. The shops, cafes, pubs, art and crafts are delightful.



Actons is the historic hotel of Kinsale. It was in the Actons Family since the mid 1800's and the beginnings of its current form are from 1946.



The hotel has a Restaurant and a lounge/café. In a separate building is the health club pool, hot tubs, sauna, steam room on one level and work out facilities and massage areas upstairs.

Currency: Ireland uses the Euro as its currency along with most of Europe. England is not on the Euro system and maintains the British pound as their currency, so your Euro's won't work in England, and I find it easiest just to use a CC which will get you the best exchange rate. Although they typically carry a international service charge of 1 to 3%.

When we were in Ireland in September the exchange rate was \$1.42 US to get \$1 Euro. The recent global money shake-up has seen the Euro drop against the dollar and it is now \$1.30 US to \$1 Euro. So whatever the price is in Euro's you add 30 to 40 % to figure out the US equivalent. When making purchases in Ireland your price includes a 21% tax, it is already figured into the price. For non EU citizens, you can ask for a certificate to get the tax back at airport. And on certain purchases like gifts or crafts it is definitely worth the effort. Say you purchased clothes and jewelry for \$200 Euro. That includes approximately \$40 Euro's in included tax. You can get a certificate at the point of purchase to receive this refund.. At least this is the theory. We didn't find it quite so easy, because when we got to the office at the airport on Sunday Morning of our departure, the office wasn't open and there was no apparent way to contact them! So we left our certificates with our son who now lives there with his family.

Laurie and I have only travelled through the south and West of Ireland and there is so much that we don't know enough to tell you about. We certainly want to visit Newgrange, outside of Dublin. This Archeological site has the reputation of being one of Ireland's great holy sites, It was built thousands of years ago in the same era as Stonehenge in England. If you are considering exploring sacred sights outside of our Southern exploration, you will certainly want to check this out. It is constructed in such a way as to allow a beam of light at Sunrise to enter the inner chamber on the Winter Solstice.

Drombeg. We will be visiting The standing stone circle at Drombeg. This is the largest of the stone circles and dates from 2000 BCE. It is also constructed as to reveal the Sun rise go over a

plateau stone and shine directly through the two portal stones on the day of the solstice. We will stop by here on the day that we leave for Gougane Barra.

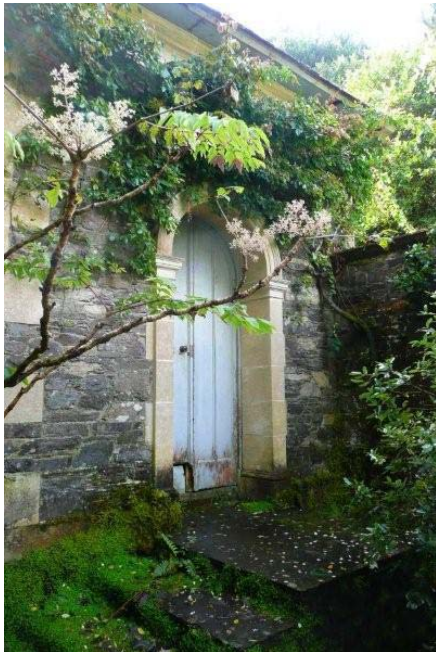


Bantry House: We will also stop by for a visit to the Bantry House and Gardens. This Magnificent House is still inhabited by the original family lineage. Overlooking Bantry Bay, an area rich with Irish history. Bantry was a hotbed of revolution for independence from British rule and Bantry Bay was the sight of an ill timed invasion of the French Navy supporting the Wolf Tone lead Irish uprising. In the most unfortunate of circumstances, the effort was planned for December and fierce storms made it impossible for them to land in Bantry bay, in fact many ships were lost in the storms. Without the assistance of the French forces, the Irish uprising was quickly subdued.



Glengarriff. We will spend an afternoon in this tiny town at the beginning of the Berra Peninsula. This charming one street town has a nice variety of opportunities for lunch and also has quality craft stores featuring Irish wools and linen clothes etc.

Innacullin. From Glengarriff we will take a 20 minute ferry ride to the island gardens of Innacullin. This small island was owned by a lover of rare plants before he donated it to the Country parks. He literally had the soil for these gardens barged in and worked in cooperation with Harold Peto the architect and garden designer and together created this place of rare beauty that we will get to explore.

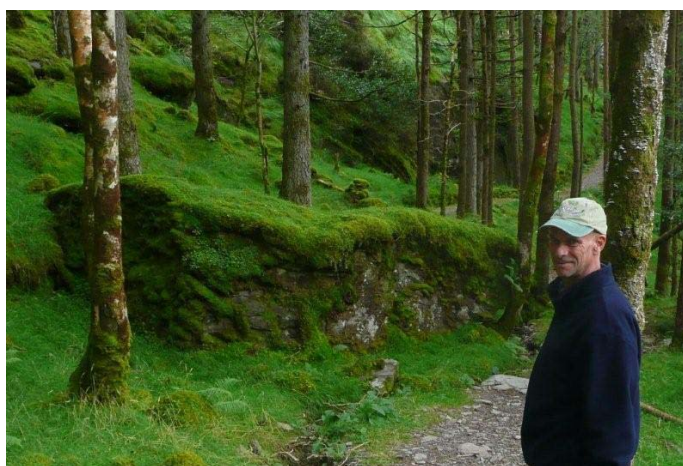


Gougane Barra. Gougane Barra is an isolated Forest retreat and our home for 3 days. The lodge is on a lake at the entrance to the Gougane Barra Forest and all of the magical trails and delights

that it holds. This is pristine Ireland where the magic of the land and the fairy kingdom is everpresent. Just walking into the park shifts your energy and from there it is up to you; easy trails along the headwaters of the River Lee that eventually becomes a mighty river in Cork City; Medium level hikes up into the hills and the waterfalls. Water is omnipresent and trails are planned for it.



Rain. It will. Not maybe. It will. And it will be sunny for part of the day and then showers or mist and rainbows but plan accordingly. You will want to hike even in the rain. A light rain parka with a hood, over a warm sweater and rain pants and water resistant boots is what I bring. Some of you might want a portable umbrella. The trails are built with rain in mind, so they are not muddy, but assume there will be times that it will be raining and you want to get out and experience the forest. The trails are well marked and there are identifying markers at each trailhead as to the length, degree of difficulty and so forth. Some of them mention that they are at their best during the rain, so the trails are built with rain in mind, but dress accordingly. This is a must.



The historic Gougane Barra hotel run by Neil and Katy Lucey is where we will stay and have our meals for three days. Katy is the chef and prides herself on using the best of local resources, “did you like that goat cheese? That was made by my cousin up in County Clare and she won the Organic product of the year award for her cheese.” Neil runs the hotel and oversees the dining room. Neil has received training in France with wines and as a team you will find them to be delightful hosts.



Blarney Castle and Grounds

Blarney Castle is the home of the famed blarney stone and kissing the blarney stone gives the gift of eloquent speech, a clue as to what the Irish hold special. The gift of telling a story. You have to work at it to kiss the legendary stone. You must climb to the top of the castle and then lean over backwards and hanging upside down over an opening 100 feet in the air, you kiss the Blarney Stone and are gifted with the storytellers knack. The Blarney Castle is built on an ancient Druid site and the grounds are extensive and magical.

Dates for payment:

The fee of \$1500 is for double occupancy. Single rooms available for \$185 additional = \$1685

Actons in Kinsale also offers harbor view rooms for an additional \$60 a night per room (4 nights)

So a single harbor view would be \$1925

And a double harbor view would be \$1620.

The fee does include transportation from Kinsale to Gougane Barra, entrance fee's to Bantry House and gardens, ferry to Ilnacullin and entrance to gardens, tour of Blarney Castle and Park. Most meals are also included, with the exception of 3 lunches and 2 dinners in Kinsale, which offers a delightful array of cafés and restaurants.

All instruction is included: Daily workshop using David's new book *The Pursuit of Happiness*, Celtic studies with guest speaker Siobhan Reardon, acupuncture treatment by Alicia Pond to help with overcoming jet lag, a presentation by Dr. Skylar Pond on the physiology of healing energy, and morning energy tune-up.

Deposit: \$300, upon signing up

Final Payment: May 1st. (The hotels require full payment a month ahead of time.)

Cancellation policy: Before May 1st: Full refund minus \$50. After May 1st, we are locked in at this point, thus no refund unless we are able to fill the spot at the last minute, then you would get full refund less \$50.

Classes:

David will be presenting the material from his new book *The Pursuit of Happiness*. Each person will receive a copy of the book, so that we can use it as a template for our workshop for exploring each of the seven levels of consciousness that happiness can be experienced on. The physical, emotional, power, heart, expression, mental, and spiritual levels of life will be explored; one each day. This follows the chakra model but is not about the chakras, it is about our life and each day we will discuss what it takes to be happy and fulfilled at each level; what are the restrictions that block the flow at each level and what you can do to get the energy moving in this area of your life. Happiness can't be achieved or even pursued, but we can learn to listen for it and each day we will focus our ability to experience greater fulfillment at all the many levels of life.

Celtic Studies

Guest speaker, Siobhan Riordan will share from her abundant wisdom of Earth-Based Spirituality. Those of you who met her in Assisi need no introduction, and for others, Siobhan now lives in England, but is as much Irish as English and spent summers as a child in Kinsale. She is an experienced workshop facilitator running programs in leadership and women's wisdom and will help us tune into the local legend, lore, and teachings to better appreciate the special magic that is Ireland. We are honored to have an authentic teacher of the sacred and Siobhan will add to our week in many ways.

The Physiology of Healing Energy

Guest speaker, Dr. Skylar Pond will give a presentation on the physiology of healing energy. This will strengthen our understanding of "how it works." when we want to rewire our inner circuitry to allow a greater level of healing energy to flow through us and how we can share this with others. Skylar now lives in Ireland, with his wife Alicia and their two sons Finley and Sullivan. Skylar is a Chiropractor at Koru Chiropractic Wellness Centre in Douglas, just outside of Cork.

Acupuncture

An acupuncture session with Alicia Pond L.AC.is included as part of your workshop package. These 15 minute sessions are specifically designed to help overcome jet-lag and Alicia will try to get to everyone who wants a session in our first days at Actons. She will also be available for private appointments in your hotel room throughout the week. Alicia is a graduate of Oregon College of Oriental Medicine and maintained a successful practice for several years in Portland. Alicia now lives in Douglas Ireland with Skylar and their boys.

Morning Tune-up

Each early morning before breakfast we will offer a morning tune-up as an optional activity. Laurie will lead some variation of the Five Tibetans and David will lead energy work and meditation/visualizations.

You will need:

Passport

Journal

Raingear

Bathing Suit

Work out clothes (for gym enthusiasts)

Layers of clothing for the Irish Weather

You will not need:

You will not need shots or any other type of special preparation in terms of health. The microbes are friendly, and you won't have to be hypersensitive as to where and what you eat and so forth.

Driving in Ireland

The driver's seat is on the right hand side of the car in Ireland and you drive on the left hand of the road. This is opposite of the U.S and takes some getting used to, but is quite manageable for the hearty.

If you choose to rent a car, I found the best prices on line, rather than arranging it once you are in Ireland. We found this to be a considerable difference, so if you are going to rent a car, arrange for it from the US.

Space is limited, so contact us for any questions or to register:

David and Laurie Pond

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