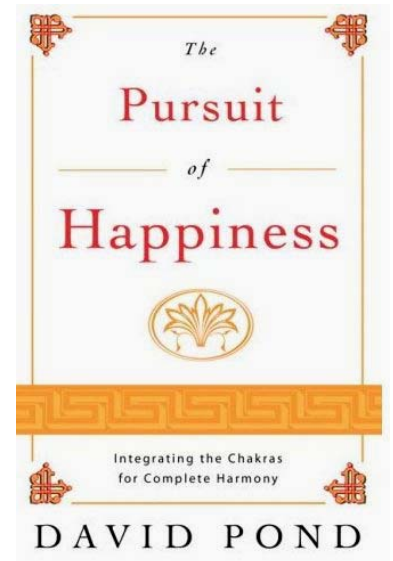




Join us for a magical journey...

## Ireland in the Spring... June '09



**Dates: June 6th through the 12<sup>th</sup>... 2009**

**Price: \$1500 (double occupancy, includes lodging, instruction and most meals)**

Join us for a magical week in Ireland, exploring County Cork the charming town of Kinsale and the enchanted forest of Gougane Barra, while studying David's new book *The Pursuit of Happiness*, as our workshop material. We'll first spend two days at the historic Acton's hotel in Kinsale for a bit of luxury and comfort. This hotel's amenities include a swimming pool, hot tubs, steam room and sauna, and should feel just right for the weary traveler. Kinsale is known as one of Ireland's most charming seaport villages with delightful shops, pub's and eateries to entertain us. Then we will travel to the lodge at Gougane Barra for a incredible three days in one of natures most enchanted forests at the headwaters of the River Lee. Our lodge is situated on a lake next to Saint Finnbar's island retreat. We will experience the finest of County Cork's renowned cuisine with our host's Katy and Neil Lucey offering the very best of local faire.

We will meet daily for our workshop on *The Pursuit of Happiness*, following the chakra model of consciousness. We will also make available a morning exercise routine following *The Five Tibetans*. Our exercise in Gougane Barra will be hiking the magical trails and breathing the freshest air in all Europe. Side trips to Blarney Castle and Glengariff. We will then return to Kinsale for final two days.

Check our website for the complete rundown on all the details.