

# PREPARING FOR YOUR RETREAT

## PRACTICAL INFORMATION

### ARRIVAL AND DEPARTURE

When planning your trip, please arrange to be present on at the first session and to remain until the end of the retreat.

### CLOTHING

Sturdy shoes and light warm clothing adaptable to the very changeable weather are recommended.

### CHILDCARE

Unfortunately we have no childcare facilities at Dzogchen Beara.

### PHYSICAL HEALTH

Please note there are no medical facilities or staff on-site. The local doctor is 8 km away in Castletownbere, and the nearest hospitals are in Bantry (49 km) and Cork (120 km). If you have a medical condition that you think we should know about, please indicate this on your booking form and let us know at registration. If your health or mobility is such that you would benefit from extra support during the retreat, please telephone + 353 (0) 27 73370 to discuss your needs. We have a limited number of fully wheelchair accessible rooms in the Care Centre.

### MENTAL HEALTH

Retreats are not intended as a substitute psychotherapy, psychiatric treatment or medication of any kind. If you are currently following a treatment and/or are taking medication, we ask you to first consult your doctor or therapist for advice before coming to Dzogchen Beara.

**We ask you to not interrupt any current treatment and/or medication.** Dzogchen Beara does not accept any responsibility in this regard. We reserve the right to ask those who are a serious threat to others or to themselves to leave Dzogchen Beara and seek professional help elsewhere.

### CAFÉ

Hot drinks and snacks can be purchased at the Café, which also offers a wide range of books on meditation, spirituality and wellness and meditation supports. Open daily 9.45am to 5pm.

## **MOBILE PHONES**

Reception is very limited on site with the best reception available in the carpark.

## **INTERNET**

There is no WIFI or Internet connection available on-site.

**For urgent communication** – there is an Internet café in Castletownbere and Café's with free WIFI in Castletownbere or Allihies

## **SMOKING**

Dzogchen Beara/Care Centre is a non-smoking site.

Smoking is not permitted outside the smoking area at the entrance to the carpark.