

2017 Spirit of Ireland: A Healing Journey

Ruins, Runes and Tunes



Giant's Causeway, County Antrim, Northern Ireland

Tour Dates: June 15-24, 2017

Tour Destination: This year's trip will take us to Northern Ireland (County Antrim) to see a few popular sights which we don't normally visit on the Spirit of Ireland Tours, as well as a return to County Donegal and County Wicklow to visit some sacred sites and immerse in the wonderful Irish culture.

Tour Theme: Ireland is a country rich in culture, history and music, yet there is a mystical essence that cannot be described in words. It must be felt in the heart through the landscape, the music, the stories and the Celtic earth itself. It is this essence that we will capture on the Spirit of Ireland Journey. Not just a simple vacation to a pretty place, the theme of this journey is one of healing; healing Mother Earth through the energetic ley lines (**meridian points at various Celtic sacred sites, known as "faerie lines" in Ireland**); helping to restore the healing energies of these sacred sites and offering compassion in action through daily meditations and reflections. We will also enjoy the beauty of the Irish culture and the spirit of Celtic traditions found in the music—LOTS of great music! The northwest and west coast regions of Ireland are renowned the world over for their stunning beauty and Celtic charm. People often say that traveling to Ireland is like stepping back in time to a land steeped in rich culture, history and spirituality; a less rushed lifestyle in a magical setting, where people meet you with a smile and a twinkle in their eye. Everyone who has traveled with us on previous excursions describes this trip as a life-changing event in their lives; the memories and friendships forged will last a lifetime.

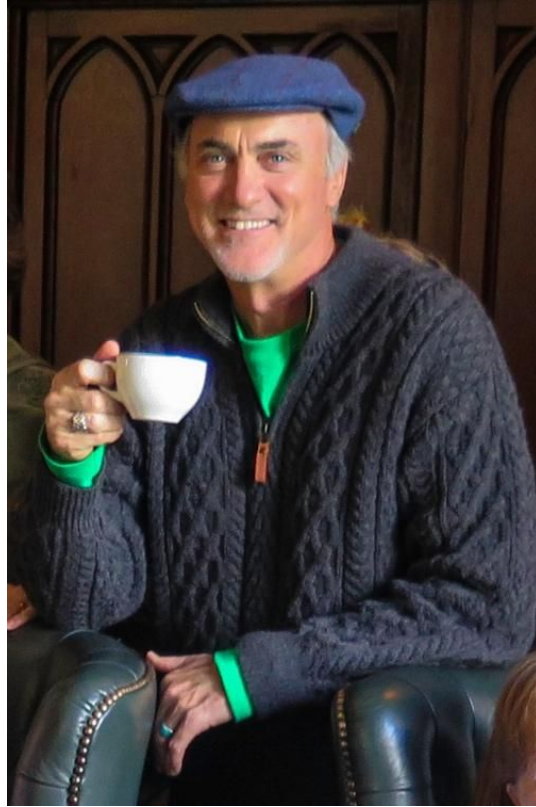
Tour Itinerary: Our tour itinerary is still being finalized, but sights on the agenda include the Beltane Stone Circle, Glenveagh National Park, Giant's Causeway, Carrick-a-Rede Rope Bridge, Dunluce Castle, Dark Hedges, Glendalough, Powerscourt Gardens and lots of great traditional Irish music.

Brief Tour Schedule

Tuesday, June 13	Day 0	Depart US (arrive in Shannon the next morning)
Wednesday, June 14	Day 0	Arrive in Shannon, Ireland and recover from Jetlag
Thursday, June 15	Day 1	Depart Shannon for County Donegal with a stop at Carromore
Friday, June 16:	* Day 2	Tour Glenveagh National Park and visit Beltane Stone Circle
Saturday, June 17:	Day 3	Restful morning, Belleek Pottery and Rossnough Beach
Sunday, June 18:	Day 4	Visit Derry on our way to County Antrim, Northern Ireland
Monday, June 19:	Day 5	Giant's Causeway and Bushmills Distillery
Tuesday, June 20:	Day 6	Dunluce Castle, Carrick Rope Bridge and Dark Hedges
Wednesday, June 21:	Day 7	Drive to County Wicklow
Thursday, June 22:	Day 8	Tour Glendalough Monastery and Powerscourt Waterfall
Friday, June 23:	Day 9	Tour Powerscourt Estate Gardens then back to Ennis
Saturday, June 24:	Day 10	Return home to US

* We highly suggest arriving a day early to acclimate to the local time zone.

Tour Host: Brian Luke Seaward is no stranger to the Emerald Isle, having hosted several visits and group tours (and like so many Americans, he claims Irish heritage; in this case the McNulty, and Egan clans). Seaward is an award winning photographer, and celebrated documentary filmmaker. He is also the best selling author of many books including *Stand Like Mountain, Flow Like Water, Stressed is Desserts Spelled Backward* and *The Art of Calm*. Brian will lead morning meditations and facilitate the healing ceremonies at various sacred sites throughout the trip as well as document the trip with his keen photographic eye, giving each tour participant a photo-essay CD-ROM upon the completion of this magical journey.



Your Irish-American host, Brian Luke Seaward

Irish Tour Guides:

Our local (and well seasoned) guides for this Celtic healing expedition (Stoney & Paddy) are nothing less than excellent. Well versed in the history, culture, spirituality, politics and music, they will extend the best Irish hospitality and wisdom of the Emerald Isle. They specialize in the “unique and authentic Irish experience,” and boy do they deliver!!!

Who Should Come (and why you should join us):

Any and all people interested in a spiritual adventure to the Emerald Isle, specifically those who wish to travel with like-minded companions and healers interested in participating in a magical journey of Celtic spirituality, Celtic music and Celtic history. As several people have stated: “*I know that when I attend one of Seaward’s programs, I am going to be coming back to people I consider to be my family.*” Many people go on vacation and take away the experience with photos. What makes our trips unique is that we go to Ireland not only to take in the experience, but also give something back—in the way of loving compassion to the earth through the sacred sites for the health and healing of the planet. Moreover, our local tour guides are the best in Ireland and know exactly how to create the magical alchemy we desire for a most memorable experience. You don’t have to be of Irish heritage to enjoy this trip, but those who claim Irish ancestry will be smiling for years to come. Space is limited to 20 beautiful souls (with a minimum of 14 people). Upon completion of the workshop, 7 professional contact hours (CE’s) can be awarded through the American Holistic Nurses Association (pending). *“This*

activity has been submitted to the American Holistic Nurses Association for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation."

Why Travel in a Group?

Group travel with professional tour guides offers many opportunities that you will not experience any other way, including an exposure to local history, culture, music and unique friendships. It's also nice to let someone else do the driving (particularly on narrow roads where they drive on the other side of the road.) Travel can be stressful; group travel takes the stress out of foreign travel and allows you to focus on why you are there... to enjoy the entire cultural experience. And... we have one primary rule on our group trips: No Ugly Americans (no whining!)



Traditional Irish music played nightly in the best pubs in Donegal, Antrim and Wicklow

What's Included:

The following is included in this tour package:

1. All ground transportation (including pick-up in the Bunratty area and drop-off at the Shannon airport).
2. Hotel accommodations June 15-24 in Counties Donegal, Antrim and Wicklow, (note: extra charge for single supplements when/if available):
3. All breakfasts (known in Ireland as an "*Irish breakfast*;" eggs, bacon/sausage, brown pudding, cereal, toast/croissants, toast, fresh fruit, coffee, tea and juice).
4. Three group dinner celebrations (typically the first night at each of the 3 hotels) and very special private house concerts.
5. Entrance fees to parks, museums, attractions, etc.

6. Tour Packet: Upon registration each person will receive a confirmation letter, a full day-by day itinerary, a book about Ireland and Celtic lore as well as two Celtic music CD's, compiled specially by Brian Luke Seaward, as well as some other goodies.
7. Regular pre-trip email updates with travel tips, packing tips, etc.
8. A four-color Spirit of Ireland keepsake tour booklet: Upon arrival in Shannon, Ireland, each person will receive a beautiful 40-page booklet including our final itinerary, day-by-day schedule, and lots of fun information about Ireland, photography tips, articles, and other goodies.
9. Traditional Irish musical concerts: Traditional music is a big part of the Irish culture and we will hear many types of traditional music, including 1-2 private concerts in our hotels and several nights at local pubs with reserved seating.
10. Some surprise gifts from the workshop facilitator, including a 12" x 18" *Doors of Ireland* poster.
11. 7 CE's for nurses awarded, through the American Holistic Nursing Association.
12. Upon your return home, you will receive a CD-ROM of selected photos and videos of our trip and photographic memories that you may elect to use as computer screen savers or make as prints.
13. Life-long friendships with people you will meet on this unique journey (and a special invite to our annual reunion events in Colorado each October).

What's Not Included:

After conducting several groups trips, it becomes obvious what we can do well, and what responsibility needs to be passed on to you, the individual participant. Given all of these considerations and in an effort to keep the price of the trip reasonable, we ask each participant to adhere to the following:

1. Round trip airline tickets from your city of origin to Shannon, Ireland (we cover all ground transportation to and from the Shannon Airport and/or the Bunratty area).
2. All noon meals (lunches) and all but three (3) dinners. Please note that alcoholic beverages are NOT included in our dinner celebrations. We ask you to pay for these upon hotel checkout.
3. Tips for our tour guide and coach driver (typically \$50 EU/a piece, per person).

COST: \$5,200. US (Land package only). All our program prices are based on double occupancy unless otherwise requested.

Payment Schedule

First deposit payment date: ASAP to hold a spot	\$2,000. per/person
Final payment date: March 25, 2017	\$3,200. per/person

Cancellation Policy: Prepaid fees (deposits) are refundable minus a processing fee up until April 2nd, 2017 at which point we are unable to provide refunds.



Twin Round Towers of Glendalough Monastery, County Wicklow



Glenveagh Castle and National Park, County Donegal

- **Air Travel to Shannon, Ireland:**

We recommend United, Delta Airlines or Air Lingus for the best schedules and direct flights from east coast US cities to Shannon International Airport. (PLEASE... check with us before confirming your flights.

- **Single Room Supplement:**

\$800 single rooms are subject to availability (and although not guaranteed, we will do our best to honor these requests). We try to accommodate travelers who request single accommodations, as well as travelers who desire a roommate. If a single room is requested, if you register late, or if we are unable to find a suitable roommate, you will be required to pay the single room supplement (sorry, no exceptions).

- **Accommodations:**

We have selected three hotels situated in three counties (Donegal, Antrim and Wicklow), respectively. These accommodations are selected for their quaint charm, authentic Irish culture and proximity to the selected tours and excursions. We know that you will be impressed (as all of these hotels are very quaint, very charming).

- **Food and Drink:**

Ireland is renowned for its traditional Irish Breakfasts; you'll enjoy these and three (3) dinner celebrations, all of which are included in your travel package. Lunch recommendations will be made in the nearest town to each daily expedition.

* NOT included in the price of this trip are noontime meals and all but three (3) dinner celebrations (Please note: Alcoholic drinks are not included with these dinners).

For more information and registration please call Inspiration Unlimited (303) 678.9962 or email brianlukes@cs.com or visit www.Brianlukeseaward.net

- As a Level III workshop for Dr. Seaward's Holistic Stress Management Workshop Alumni, this trip offers seven (7) professional contact units (CE's for nurses) through the American Holistic Nursing Association as part of the Level III holistic stress management instructor certification course. Course content includes morning meditations, multicultural aspects, and much more. You do NOT have to be a certificate workshop alumnus to join this workshop, and there is absolutely NO HOMEWORK.

This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's COA. Approved through the AHNA.

Some final Thoughts from Brian Luke Seaward:

Not that every trip will be identical, but Oh My GOD, did we have an unbelievable time on every group tour since we started in 2010. First, our tour guides were simply the best! The weather was wonderful (it only rained one day). We were warned about the bland food, but since Ireland is now part of the European Community, a lot of chefs from other parts of the EU have taken the Irish cuisine up about 50 pegs (possibly 60). Did I mention the music? Ireland keeps its culture alive with its music, traditional and otherwise. And we saw/heard some of the best! Our guides arranged private concerts and trips to local pubs with THE best traditional Irish music. Oh yeah, did I mention the scenery? In previous years we focused on the Southwestern corner of Ireland, including the Dingle Peninsula, one of the prettiest places on the planet, and the Northwestern county of Donegal. Always magical were the sacred sites, including the Stone Circles at Drombeg and Beltane, the Ancient Monasteries and churches built on sacred sites, and the sacred feminine spirit that was so prevalent before Christianity is making a comeback (it has to!) —all of which was nothing less than magical. I could go on and on, but you get the idea... Magical!



Dunluce Castle, County Antrim, Northern Ireland



Dark Hedges (Kings Road), County Antrim, Northern Ireland



Carrick-a-Rede Rope Bridge, County Antrim, Northern Ireland

2017 Spirit of Ireland Tour

Day-By-Day Schedule (mostly final)

Several of the Spirit of Ireland Alumni have requested to visit northern Ireland, specifically County Antrim. This year we have added County Antrim as the second leg of our Spirit of Ireland tour and it promises to be nothing less than excellent.

Day: Thursday, June 15 (County Donegal): We depart Shannon for County Donegal and the Lough Eske Castle Hotel, but first we stop in Coole Park for our group orientation. Then we head to County Sligo for a surprise adventure and lunch. Once situated comfortably in our hotel (<http://www.solishotels.com/lougheskecastle/photos/donegal-photos/>), we end the day with our first group dinner and our first house concert.

Day 2: Friday, June 16 (County Donegal): Today we head north to visit one of Ireland's more remote national Parks, Glenveagh Castle, lake and Castle grounds, a lovely private estate now made public for all of Ireland. The gardens are exquisite with many tropical species that make this tour a pure delight. We return back to Donegal, but not before stopping at the largest stone circle in all of Ireland, the Beltane stone circle where we will infuse music, poetry, meditation and healing energy in our first sacred ceremony. We end the day with a special house concert of Traditional Irish music from County Donegal.

Day 3: Saturday, June 17 (County Donegal): Today you have the morning free to enjoy the hotel and castle grounds (and spa). It is a day designated to rest, relax and enjoy the beauty of nature that surrounds the castle grounds. We gather together in the afternoon for a tour of the renowned Belleek Pottery Factory. Then not being far from the ocean, we will gather in the hotel lobby and take a short drive to Rosstown Beach, before we dine at Smuggler's Creek Inn restaurant for an evening meal, followed by a traditional Irish music session with area locals; a night not to be missed.

Day 4: Sunday, June 18 (County Antrim). We bid farewell to Lough Eske Castle and head to County Antrim, Northern Ireland, but not before we stop in the city of Derry, known for much civil unrest and the famed Bloody Sunday Massacre. After lunch and a healing ceremony we depart for The Bushmills Inn (<http://www.bushmillsinn.com/>) and the quaint village of Bushmills. Once settled in, we will meet up to celebrate during our second group dinner, followed by a special house concert by local musicians playing traditional Irish music from Northern Ireland. Please note that the schedule for days 5 & 6 might switch, depending on the weather.

Day 5: Monday, June 19 (County Antrim): We have dedicated the morning to one of Ireland's most popular geological features (and popular tourist attractions) Giant's Causeway. Giant's causeway is a short 1.5 mile seaside walk from the hotel (there is

also a train and shuttle bus for those who wish not to walk). For those interested, in the afternoon we will meet in the hotel lobby and take short walk to the Bushmill Distillery. Please note that the schedule for days 5 & 6 might switch, depending on the weather.

Day 6, Tuesday, June 20 (County Antrim): After a fine Irish Breakfast, we depart our hotel to visit three of three of the most popular sites in County Antrim: Dunluce Castle, Carick Rope Bridge and the Dark Hedges (made famous by the popular show Game of Thrones). The day ends with a private house concert with our very own (and very talented) group musicians. Please note that the schedule for days 5 & 6 might switch depending on the weather.

Day 7: Wednesday, June 21 (County Wicklow): Heading back into the Republic of Ireland, we make our way, south of Dublin, to County Wicklow and our hotel Powerscourt Hotel, (<http://www.powerscourthotel.com/>) near the once private estate known as Powerscourt. After dinner (on your own), we gather together for some traditional Irish music (TBA).

Day 8: Thursday, June 22 (County Wicklow): After a fine Irish Breakfast, we set off for the sacred site of Glendalough Abby, home of the two round towers (the only site in all of Ireland with two). There will be time to tour the ruins, or take a short hike before we collect together in a private area for the last of our sacred ceremonies. After lunch we return to Powerscourt to visit the Powerscourt Waterfall for a refreshing meditation experience. More great music tonight.

Day 9: Friday, June 23, (County Clare): After breakfast and checkout, we tour the renowned Powerscourt Estate and gardens, <http://powerscourt.com/gardens>, (made famous by several Hollywood movies). We complete the journey by heading back to County Clare and the town of Ennis. We conclude the tour with the last of our celebratory group dinners followed by our traditional awards ceremony and final house concert by our group musicians.

Day 10, (Saturday, June 24: With a wave of the hand and the salutation, “Slainte,” we return to Shannon Airport in the early morning hours, so that you may catch your plane in good time and savor the memories of this trip.....

This schedule as of 8-20-16 may be tweaked after my fall scouting trip to Ireland in November. where I hope to finalize a few more details... Thanks!



Gardens at Powerscourt Estate, County Wicklow

Spirit of Ireland Tour Comments

"A formal THANK-YOU note for making my trip to Ireland so spectacular!!! What a wonderful group of people you assembled. From Dublin to Doolin, the trip was magical. The music was incredible. Having musicians play for us at a moment's notice was sublime and I am spoiled. And of course, the accommodations were excellent. I love traveling with you and look forward to many more adventures." — Kim C. North Carolina

" I just wanted to share with you that the trip experience keeps unfolding (like you said) in ways that are blowing me away. Major epiphany this morning that is huge for me....but the feeling of the hugeness to come is even more powerful. I'm just beginning to understand why I needed to go there. Thank you for calling this tour together.....for listening to guidance throughout....for drawing the right and perfect people and places....for intentions that reflect "stand like mountain, flow like water".....for all the seemingly "little" things like the shamrock key.....the calmness..... meditations.....conversations, laughs.....the ton of musicPJ's talk.....the photos, the posters.....the books and CDs..... Etc. etc. Oh! And the Magic Castle hotel experience. There is just really too much to be named. And it's the un-nameable that carries the power.....

The Beltany Stone Circle in County Donegal was most powerful as I stood in the center. I'm blessed to have gotten your poster of it.....and all because I took a photo of the sheep behinds. I'm sure the poster will aid in further travels. "

Slainte, Janine, Florida

"WOW.....I have returned home but my heart remains in Ireland.....you were right....it is just magical.....Thank you for the experience of my life. You were so right in that it is a special place. The country, landscape, the music, history and above all the people. The continuation of the magic is life changing.....I thought my bout with cancer was the life changing experience but it was only the beginning after such a wonderful trip to Ireland.....I will return. Ireland has a special place in my heartas do you.....thanks again. I will cherish my new Friend Family as each of them is so special and loving....I truly miss each and every one."

— Connie D.,

Missouri

"Thanks so much for saving me from a mediocre tour (the one I cancelled to join yours). The Spirit of Ireland tour was nothing less than exceptional on every level. Ever since I got back from Ireland and had to leave behind our small group that got into Newark on the Continental flight, I have been homesick for Ireland and our group. My heart and spirit were so enriched by each of you and by IRELAND. Luke, all the books, CDs, and messages you sent to help us prepare for our trip were greatly appreciated. I miss the optional morning meditation....I miss Ireland, and I miss each of you! I have traveled back again from time to time to the Drombeg Stone Circle in my "mind's eye." Blessings,,"

— Liz F. Texas

"This was a trip of a lifetime. It exceeded all expectations. Thank you so much."

—Bev, C. Illinois

"When we talk to our friends about the trip words like, beautiful, educational, spiritual, peaceful, friendly, joyful, healing, laughter, dance, musical, shopping, many, many pictures, empathy for the people, love, jokes, emerging, sacred, fish and chips and more chips and more potatoes, meditation, more music, stories. The list could go on and on including beaches etc., etc. We really miss everyone. It seems funny to be eating alone."

— Mary Jane M., Colorado

"Hi Brian - I just wanted to say thank you for a magnificent trip. I can't believe 4 weeks ago today, I left for Ireland. I left as a "human-doing" and came back as a "human-being".

Thankfully, 4 weeks later and still a "human-being" and regressing any acts of "human-doing". lol .lol. . I don't know how long it will last - but I'm loving every minute of it."

— Kim, Cary, NC

“Dear Brian, thank you for an unforgettable time in Eire. I am missing my new “family” and preparing for the next time we shall all be together. A few words from the trip: 40 shades of green indeed...the Great (Famine) hunger...my first fireside experience...sheep, sheep and more sheep...Who REALY discovered America? Slainte in the many pubs... wonderful soup, soup and more soup...wonderful morning meditations ...rainbows...Aran knit sweaters...beautiful people and so much more...Love you guys, Always,” — Siobhan (Sabrina, from the Bahamas)



Giant's Causeway, County Antrim, Northern Ireland



Beltane Stone Circle, County Donegal

SPIRIT OF IRELAND 2017

With author Brian Luke Seaward & Inspiration Unlimited Tours
(with special musical guests...that will make this trip magical)

Tour Dates: Wednesday, June 14 (Departure in US) through Sunday, June 24, 2017

Name (as printed on passport): _____

Passport expiration date (must be valid for six months after return from this trip) _____

Street Address: _____

City, State & Zip Code: _____

Phone Number: () _____

Email address: _____

Room Preference: Double _____ Single* _____

* Single room supplement (if available) costs an additional \$800/trip

Note: We will assign roommates for all persons traveling alone and not requesting a single room. We have pretty good luck with this, so rest assured we will take good care of you.

Tour/Hotel Accommodations: All hotel reservations will be handled through Inspiration Unlimited and our Irish Tour Company for the dates of this workshop tour.

_____ (Please initial) *I understand that I am responsible for making my own RT (Round Trip) airline reservations to Ireland and must arrive in Shannon, Ireland by 9:00 am. on Thursday, June 15, 2017, and schedule a departure no earlier than 9:00 a.m. Sunday, June 24, 2017. (We recommend United or Delta airlines flights into Shannon).* We HIGHLY recommend traveling a day early to acclimate for time zone changes: If you wish to arrive a day early (Wednesday, June 14), we will share with you a recommended B&B's that others from our group will be staying near the Bunratty Castle, Shannon, Ireland.

Travel Insurance: (Please circle if you have, or plan to purchase) YES! NO!

Note: We HIGHLY recommend that you purchase travel insurance (e.g., Icelandic volcanoes, cancellation plans due to illness, etc.)

_____ (Please initial if interested) I plan to arrive a day early and would like Shannon hotel information for night accommodations before the scheduled tour.

Emergency Contact Information: In case of emergency, please contact: (Please print legibly)

Name: _____

Relationship to you: _____

Address: _____

City, State & Zip Code: _____

Phone number: _____

Email Address: _____

Tour Cost: \$5,200. (land only)

First payment: \$2,000/per person ASAP to hold a spot

Final Payment* \$3,200/per person due no later than March 25th 2017

For tours booked less than 65 days in advance, full payment is required at time of reservation.

*We will send out a reminder for the final payment due 70 days prior to the trip).

Cancellation Policy: Prepaid fees are refundable minus a \$200.00 processing fee. Sorry, we are unable to provide refunds after April 2nd, 2017. A cancellation AFTER April 2nd, 2017 results in a forfeit of tuition registration fee (which is why we highly recommend traveler's insurance, should you need to cancel your travel plans). If a traveler leaves the tour early for any reason, no refund can be made for unused accommodations or activities included in the price of the tour.

Responsibility and Release of Liability

There are certain risks and dangers in traveling on any tour. We recommend that you review your medical and personal insurance coverage. Inspiration Unlimited and our Ireland agents, or sub-contractors, assume no responsibility or liability for any claim of damages, expenses, injury, delay, inconvenience, loss or damage to person or property, or additional costs resulting directly or indirectly from causes that include, but are not limited to, acts of government, fire, theft, delays, cancellations, weather, vehicle traffic, strikes, illness or accident incurred in any manner including transportation by plane, bus, car, van, taxi, train, boat, or other conveyance.

Purchase of travel insurance is strongly advised and recommended, including

trip delay, trip interruption, trip cancellation and baggage coverage.

Inspiration Unlimited reserves the right in their sole discretion to accept or decline the participation of anyone, and to cancel the tour for any participant at any time should such person's health, mental condition, physical infirmity, or general deportment impede the welfare or enjoyment of other guests. In such event, there will be no refund, and no reimbursement for any additional expenses incurred by the participant whose tour has been canceled. If a guest causes any damages, he/she is solely responsible for replacement or reimbursement.

I have read the conditions as stated above and agree to all terms. I also agree that the balance of the tour cost is due and payable 70 days prior to arrival.

Signature

(Date)

METHOD OF PAYMENT:

*** Please note that checks are preferable to Paypal and credit cards:**

____ Check enclosed (payable to Inspiration Unlimited) Registration Fee: \$ _____

____ Paypal: email payment via Paypal website to this email address: Brianlukes@cs.com

____ Master Card/ Visa (circle one)

TOTAL \$ _____

Credit Card Number _____ CVV code _____

Expiration Date ____/____/____

Signature _____

Please mail this registration form and check to: Inspiration Unlimited • P.O. Box 18831 • Boulder, CO 80308 or fax registration form to: (303) 485-0034. For more information, please contact Kelly or Luke at *Inspiration Unlimited* (303) 678-9962 Tu/Th afternoons.

Upon receipt of your registration form, you will receive a confirmation letter with more information about this very special trip. Thank you!



Sheep Traffic Jam, Glencolmcill, County Donegal, Ireland