2018 Spirit of Ireland: A Healing Journey
Ruins, Runes and Tunes
June 14-23, 2018

Tour Destination: This year’s trip will take us to the remote, unspoiled and authentic western region of Ireland (County Mayo, County Galway and County Clare) to visit some sacred sites and immerse in the wonderful Irish history, culture, music and lore, on a pilgrimage of a lifetime.

What Makes Our Tours So Special: We come together on this sacred pilgrimage as a group of healers, from all walks of life, to bring healing energies of love and compassion to the energetic Celtic ley lines (also known as farie lines) located at various sacred sites in Ireland. We participate in several sacred ceremonies including poetry, music, meditation and songs to connect heart to heart in this most magical place called the Emerald Isle. Traditional music is a big part of this tour, for the most authentic Irish experience. 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.
# 2018 Tour Schedule at a Glance

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Wednesday, June 13</td>
<td>Day 0</td>
<td>Suggested arrival in Ireland (depart US on June 12th)</td>
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<tr>
<td>Thursday, June 14</td>
<td>Day 1</td>
<td>Carrowmore Stone Dolman and Circles</td>
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<td>Friday, June 15</td>
<td>Day 2</td>
<td>Achill Island and Famine Village</td>
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<td>Saturday, June 16</td>
<td>Day 3</td>
<td>County Life Museum and Croagh Patrick</td>
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<td>Sunday, June 17</td>
<td>Day 4</td>
<td>Kylemore Abby and Gardens</td>
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<td>Monday, June 18</td>
<td>Day 5</td>
<td>Village of Kong and High Tea at Ashford Castle</td>
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<tr>
<td>Tuesday, June 19</td>
<td>Day 6</td>
<td>Rest &amp; Relaxation in Clifden and Sky Road</td>
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<tr>
<td>Wednesday, June 20</td>
<td>Day 7</td>
<td>Doolin Caves and Cliffs of Moher</td>
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<tr>
<td>Thursday, June 21</td>
<td>Day 8</td>
<td>Poulnabrone Stone Dolman &amp; Aran Islands</td>
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<tr>
<td>Friday, June 22</td>
<td>Day 9</td>
<td>Galway Town, Round Tower and Ennis</td>
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<tr>
<td>Saturday, June 23</td>
<td>Day 10</td>
<td>Return home to US</td>
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* 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 The Spirit of Ireland: A Healing Journey (Level III Holistic Stress Management Instructor Workshop), 9 professional contact hours (CE’s) can be awarded (pending).

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!)
Matt Molloy of The Chieftans plays Irish music played nightly in his own pub

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 14-23 in Counties Mayo, Galway & Clare, (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 a 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

11. 9 CE’s for nurses awarded

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 from the Bunratty area and drop off at the Shannon Airport).

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 9, 2018, $3,200. per/person

**Cancellation Policy:** Prepaid fees (deposits) are refundable minus a processing fee up until March 30th 2018 at which point we are unable to provide refunds.
• **Air Travel to Shannon, Ireland:**
We recommend United, Delta Airlines or Aer 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:**
$900 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 (Mayo, Galway & Clare), 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

**Spirit of Ireland: A Healing Journey (Level III Holistic Stress Management Workshop)**
Alumni, this trip offers nine (9) professional contact hours.
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.

**Workshop Learning Objectives:**
1. Explain the rule of 3rds in photography to create an “aesthetically” pleasing/engaging” photograph for strongest visual instructional impact.
2. Create 30 dynamic photo images as backdrops for a future stress management PowerPoint presentation.
3. Demonstrate for teaching purposes the “Circle Breathing” relaxation technique.
4. Demonstrate for teaching purposes the “Master Cell” healing meditation practice.
5. Explain the term, “Healthy Boundaries”.
6. Create Three (3) personal healthy boundaries.
7. Demonstrate for teaching purposes the journaling technique Mandala of the Human Spirit.
8. Explain the concept of “Healthy Grieving” as it pertains to stress, anger and effective holistic stress management.
9. Integrate music therapy as a relaxation technique.
10. Demonstrate for teaching purposes mindfulness meditation with Celtic mandalas

**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!
This year we return to the beloved western part of Ireland; the most remote and most authentic counties of Mayo, Galway and Clare and the counties with the best traditional music.

**Day: Thursday, June 14 (County Mayo):** We depart Shannon for County Mayo, but first we stop in Coole Park for our group orientation and the famed Ireland author autograph tree. Then we head to County Sligo for a surprise adventure and lunch. Once situated comfortably in our hotel in the village of Westport we end the day with our first group dinner and our first house concert.

**Day 2: Friday, June 15 (County Mayo):** After a fine Irish breakfast we head out to Achill Island, first to pay a visit to the famine village honoring those who died in the GREAT HUNGER. After lunch, we head to the stunning beaches (Keel or Keem). We end the day with some traditional Irish Music at Matt Molloy’s Pub. Please note that the schedule for days 2 & 3 might switch, depending on the weather.

**Day 3: Saturday, June 16 (County Mayo):** After another fine Irish breakfast, we begin the day with a tour of the Irish County Life Museum and then head over to the sacred site of Croagh Patrick. Those in good shape may opt to do their own sacred pilgrimage to the top. We return to Westport for dinner and a house concert of fine music.
Day 4: Sunday, June 17 (County Galway): We bid farewell to Westport and County Mayo and head south to County Galway, but first we visit the town of Cong and have high tea at Ashford Castle. Then on to the village of Clifden and our next hotel with a second celebratory dinner and house concert with our wonderful spirit of Ireland musicians.

Day 5: Monday, June 18 (County Galway): After a wonderful Irish breakfast we head into the Connemara mountains and spend the day at the delightful Kylemore Abbey, a fine Irish castle now open to the public, with a splendid garden and forest area. We return to the village of Clifden for dinner and traditional Irish Music.

Day 6, Tuesday, June 19 (County Galway): Today is a day of rest and relaxation (and Paddy’s day off). You are welcome to enjoy the hotel spa or take a walk to the ocean or walk along the renowned Sky Road for a beautiful sight of the Irish coast.

Day 7: Wednesday, June 20 (County Clare): We depart Clifden for County Clare a county rich in neolithic and natural wonders including the Doolin Caves. If time permits we will visit the Cliffs of Moher before heading to our next hotel, the lovely Gregans Castle.

Day 8: Thursday, June 21 (County Clare): After a fine Irish Breakfast, we set off for the sacred site of the Poulnabrone Stone Dolmen for a sacred ceremony and then set off for parts unknown (TBD).

Day 9: Friday, June 22, (County Clare): After breakfast and checkout, we head into Galway town for a cultural shopping experience and lunch. Then, on our way to Ennis, we will stop at the Round Tower of Gort for our last sacred ceremony. After arriving in Ennis, we will freshen up for our farewell dinner and last house concert.

Day 10, Saturday, June 23: 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 8-20-17 may be tweaked after my fall scouting trip to Ireland in November, where I hope to finalize a few more details… Thanks!
Spirit of Ireland Tour Comments

“Dear Brian, I am still feeling the Irish High from our recent Spirit of Ireland tour. I know how much work goes into making these trips go flawlessly, and I am one again amazed at what a wonderful experience you provide for all of us. I am so grateful to be able to participate in a true healing journey. “Go Raibh Maith Agat!”.” — Mary P., Connecticut.

Dear Brian, the Spirit of Ireland tour will be in my heart forever. The wonderful new friendships, you’re incredible A-Team staff, every day the special gift of life; this trip really opened me up. I am forever grateful.” — Janet M., North Dakotah.

“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 music .....PJ’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 heart ..........as 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 American? 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)
Cliffs of Moher, County Clare Ireland

Thatched Roof Cottage, Aran Islands, County Galway
SPIRIT OF IRELAND 2018
With author Brian Luke Seaward & Inspiration Unlimited Tours
(with special musical guests…that will make this trip magical)

Tour Dates: Wednesday, June 13 (Departure in US) through Sunday, June 24, 2018

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 $900/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 14, 2018, and schedule a departure no earlier than 9:00 a.m. Saturday, June 23, 2018. (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 13), 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 9th 2018

For tours booked after March 9th, full payment is required at time of reservation.

*We will send out a reminder for the final payment.

Cancellation Policy: Prepaid fees are refundable minus a $500.00 processing fee. Sorry, we are unable to provide refunds after March 9, 2018. A cancellation AFTER March 9, 2018 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). Please note: 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 by March 9th, 2018.

________________________________________________________________
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 scan and send registration form to: brianlukes@cs.com. 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