

INFORMATION SHEET
***Taoist Tai Chi*TM arts Anniversary and International Workshop**
Ballina, Co. Mayo, Ireland
Wednesday May 31st – Sunday June 4th 2017

Workshop Location: Ballina Sports Centre, Cathedral Rd., Ballina, Co. Mayo.

Workshop: The 5 day programme will run from Wednesday May 31st at 10.00am until 4.00pm on Sunday 4th June 2017. Donation for the 5 day workshop is €70, (€80 Central European). The 2 day weekend programme will run from Saturday June 3rd at 10.00am until Sunday June 4th at 4.00pm. Donation for the weekend workshop is €40, (€90 Central European).

Registration: Register early online at www.taoist.ie. Your booking will be confirmed within a few days. If you don't receive confirmation it means we did not get your booking so please contact us at email: workshops@taoist.ie. Workshop registration will open at the Taoist Tai Chi Centre (see attached map) on Tuesday evening and at the workshop venue Ballina Sports Centre on Wednesday and Saturday mornings. Please come early to register and bring the exact amount of cash in euros.

Meals: All catered meals are included in the workshop donation. Participants with special diets please tell us in advance on the registration form of your dietary needs. There will be regular, vegetarian and steamed options. On Sunday evening we may have a meal at a restaurant, details and costs will be posted at the workshop.

Accommodation: We will organise accommodation in shared Bed and Breakfast places (€30 per night) within a 30 minute walk of the workshop location. However, while we have reserved plenty of accommodation those who book later may have to pay a higher rate and/or stay further out of town. Those with their own transport may need to stay in the surrounding locality. There is limited availability at the Taoist Tai Chi Centre (€5/night). Bring your own sleeping bag and mat etc. Shower and breakfast facilities will be available. Camper vans can also park at the Taoist Tai Chi Centre (€5/night). There are also shower facilities at the workshop venue. If you arrange your own accommodation please let us know. If you choose to arrive before Tuesday 30th May 2017 or remain after Monday 5th June 2017 you will need to organise your own accommodation and travel.

Travel: Pick up points: Knock Ireland West Airport www.irelandwestairport.com
Ballina Train Station: www.irishrail.ie Ballina Bus Station: www.buseireann.ie

By air: We will collect you at the local Knock Ireland West Airport. Wait in the arrivals area. Please note there is a €10 development fee levied on all departing passengers at this airport. This is to be paid prior to passing through security in the departure area.
If you travel via Dublin Airport www.dublinairport.com you will need to get bus or train to the Ballina pick up points. This is a 4 hour + journey.

By bus: The easiest/cheapest route from Dublin Airport is by Bus Eireann (Route 22) from Dublin Airport Zone 12. www.buseireann.ie

By train: Get the airport bus or a city bus from Dublin Airport to Heuston Station (35 mins). Take the train to Ballina changing at Manulla Junction. Better rates are available on pre-booked tickets online at www.irishrail.ie.

*Whether you fly into Knock or Dublin or travel independently by bus/train/car please inform us in advance of your arrival time so we can assist you to your accommodation.

Travel Contact: Mobile: +353 (0) 86 059 3600, Landline: +353 (0) 96 75445, e-mail: workshops@taoist.ie

Taoist Tai Chi Centre, Unit 6, Abbey Business Park, Ardnaree, Ballina, Co. Mayo, F26KF97,
Phone: +353 (0) 96 75445

The T-Shirt - Euro 15,--



Ballina

