

INFORMATION SHEET

***Taoist Tai Chi*™ arts anniversary International Workshop** **Ballina, Co. Mayo, Ireland** **Wednesday September 4th – Sunday September 8th 2019**

Workshop Location: Ballina Sports Centre, Cathedral Rd., Ballina, Co. Mayo, F26 T8N8

Workshop: The 5 day programme will run from Wednesday Sept 4th at 10.00am until 4.00pm on Sunday September 8th 2019. Contribution for the 5 day workshop is €270. The 2 day weekend programme will run from Saturday September 7th at 10.00am until Sunday September 8th at 4.00pm.. Contribution for the weekend workshop is €140.

Registration: Register early online at

<https://www.taoisttaichi.org/events/international-workshop-in-ballina/> 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.

Payment: Payment: Payment details are on the confirmation slip you receive after you register on-line. Please use your unique reference with payment.

Meals: All catered meals are included in the workshop contribution. 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 (€35 per night) within a 30 minute walk of the workshop location. Single supplement is €25 extra per night. Payment for accommodation is made directly with accommodation providers on arrival. 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. 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 3rd September 2019 or remain after Monday 9th September 2019 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.

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Ballina

