



Information for Grandmaster Mantak Chia Seminar in Dublin May 10th - 16th 2019

Book online - www.universaltao.ie

Céad Mile Fáilte - 100,00 Welcomes!

**Join us for this incredible opportunity to learn with the
world famous Taoist master.**

Location

Master Mantak Chia's workshops will take place at F2 Centre, Reuben Plaza, Rialto, Dublin 8, D08 DX06. This is about a 25 min walk from the city centre (from Christchurch Cathedral) or you can avail of public transport.

Transport

Luas/ City Centre Tram: The Luas Red Line stops right beside the F2 Centre. Get off at the Fatima Stop. It's a 2 minute walk to the F2 Centre from there. The Luas is the most reliable form of public transport with a high frequency of trams.

You can avail of any of the Park + Ride options for the Luas Red Line if travelling from outside of the city - Red Cow, Cheeverstown and Tallaght. Check Luas website for parking rates.

Train: Both Heuston Station and Connolly Station are connected to the F2 Centre by the Red Line Luas. Heuston Station is within walking distance - 20 minutes walk.

Travelling from Europe

A number of low cost airlines operate between Europe and Dublin e.g. Aer Lingus, Ryanair, Flybe, Norwegian Air.



Getting To and From the Airport

Dublin Airport is located approximately 10 km north of Dublin city centre. It can take anything from 30 minutes to over an hour to get from the airport to the city centre depending on traffic, which tends to be worse early morning and between 5 and 7pm.

Buses: Airlink Express or Aircoach will bring you directly to the city centre. Airlink goes to Connolly Station & Heuston Station. Aircoach goes via O'Connell St and provides a 24 hour service.

Taxis: There are taxis available just outside the airport terminal. A taxi to the city centre will cost you approximately €40.

Accommodation:

The following hotels are based along/near the Luas Red Line:

- Aisling Hotel - right beside Heuston Station
- Phoenix Park Hotel - right beside Heuston Station
- Maldron Hotel - Smithfield, near Heuston Station
- Jury's Inn - Christchurch
- Staycity Aparthotels - Christchurch

The following hostels are either within walking distance or near the Luas Red Line:

- Generator Hostel - Smithfield
- Jacobs Inn Hostel - near Connolly Station/Busáras

Air BnB has many options in the local area. The F2 Centre is based in the area known as Dublin 8, which may help to narrow your search. Use Google Maps to estimate how far your accommodation is from the F2 centre and you may also want to be close to the city centre for going to restaurants in the evenings.

*NB: Please do your own research before booking accommodation. I have not personally stayed in any of these places so I recommend that you check reviews on TripAdvisor, Booking.com, Air BnB etc before making a final decision. **NB:** Also please be aware that accommodation in Dublin during the summer months is in high demand so early booking of accommodation is recommended.*

Food

There are a number of café's in the local area where you can purchase food during the seminar.



Parking

There is limited on-street parking near the F2 Centre.

Discounts

Discounts are available for students/unwaged/senior citizens (65 years +) – use the concession code CONC10 when booking your ticket. Please present proof of ID at the workshop if using a concession code.

Concessions are also available for Universal Healing Tao Instructors or Associate Instructors – please email hello@universaltao.ie for more details.

Repeaters rate is also available - email for more details.

Accessibility/Inclusion

The F2 Centre is fully wheelchair accessible. Please inform us in advance if you have any accessibility issues, learning difficulties or specific needs so that we accommodate you.

Refunds/Payments

Tickets are non-refundable. For those who have paid a deposit, pay the remainder owed with cash or card on arrival at the F2 Centre.

Tickets

Please bring your Ticket Tailor booking (which was emailed to you) - an email copy of this on your phone is fine. There's no need to print it out.

We look forward to welcoming you to the Tao in Dublin

Book online - www.universaltao.ie

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