



Newgrange

LANDSCAPE OF SOUL AND STORY

TOUCHING THE ANCIENT LAND OF IRELAND

SEPTEMBER 19-29, 2012

WRITING RETREAT AND TOUR WITH CAROLYN BRIGIT FLYNN

OUR JOURNEY: During this sacred pilgrimage, we will travel outward to the ancient landscape of Ireland and inward to the rich territory of our unfolding souls. We will visit Ireland's wild, rugged beauty, meet her people, and encounter her poetry, music and storytelling. Our days will include transformative circles for writing, dream telling and sacred story, as well as visits to many of Ireland's most sacred ancient sites. Visual artists, photographers, and musicians are all invited. The retreat is open to women & men.

LOCATION: We will visit two parts of Ireland. Starting in the **BOYNE VALLEY**, north of Dublin, we'll visit incomparable, world-renowned ancient places such as Newgrange, Knowth, Dowth, Lough Crew, Kells, Tara, Monasterboice and Bective Abbey. Then we will travel southwest to the wild, isolated **BEARA PENINSULA**, where we will stay in the colorful town of Eyeries, and gather at the celebrated Anam Cara Writer's Center. We will explore spectacular places such as the Ring of Beara, Ardroom Stone Circle, Castletownbere, the Hag of Beara, Bonane Heritage Centre and the secluded Bere Island. We will visit the world of Irish pubs and hear traditional Irish music. On our way south to the Beara Peninsula, we'll also spend a day in Kildare, exploring the land and sacred wells of the goddess Brigit.



Eyeries, Beara Peninsula



Lough Crew

EQUINOX AT LOUGH CREW: Our trip has been arranged for the Fall Equinox sunrise at Lough Crew, an ancient mound with its opening oriented to sunrise on each Equinox. If the weather is clear, the sun will enter the mound and illuminate the beautiful carved stones inside.

SPECIAL GUEST DEENA METZGER: Deena is a poet, novelist, teacher and medicine woman who has developed therapies (Healing Stories) which creatively address life-threatening diseases, spiritual and emotional crises, as well as community and environmental disintegration. She is the author of many books, most recently the novels *Feral* and *La Negra y Blanca*, and *Ruin & Beauty*, her collected poems. Deena will lead two retreat days of writing and healing stories.

COST & REGISTRATION: All lodging, ground transportation, guides, entrances to sites, writing facilitation and most meals are included. Cost is \$2,880. Airfare arrangements and expenses are on your own. *This trip could fill quickly, so reserve your place as soon as possible*, but no later than March 20, 2012, with a \$500 deposit (\$200 of this deposit is nonrefundable). Email carolynflynn@cruzio.com to indicate your interest and receive registration details.

CAROLYN BRIGIT FLYNN is the editor of the anthology *Sisters Singing: Blessings, Prayers, Art, Songs, Poetry and Sacred Stories by Women*. She has taught popular writing groups and retreats for more than fifteen years. With spiritual and family roots in Ireland, she returns regularly to write, visit family, explore sacred sites, and lead writing retreats and tours. Her poetry collection *Communion: In Praise of the Sacred Earth* is forthcoming Fall 2012.



Carolyn Brigit Flynn at Bere Island

Itinerary and detailed information at carolynbrigitflynn.com