



The HEC Alumni Spiritualities Club is offering you to make a **PAUSE** in a very busy life, to (re)connect to **NATURE**, to discover Ireland in a different and **SPIRITUAL** way. We are going to live mysterious, unique and unforgettable **EXPERIENCES**, in a country full of magic and power. You will go back home with new friendships and strong emotions.

THE STRONG POINTS OF THIS TRIP:

- Daily accompaniment by an Irish shaman woman and Marie Regnault, coordinator and shamanic practitioner
- Personal meetings with local druidic and shamanic personalities
- Discovery of Irish and Celtic spirituality, of the divine feminine, before the Christians, before St Patrick
- Ceremony of the autumnal equinox
- Daily greeting to the sun
- You can propose your own "ceremonies" and knowledge to the group
- Maximum 20 participants to really get to know each other and create good relationships.

The itinerary details

Day 1 – 19/09 – Arrival in Dublin and transfer to County Meath

Plan to have dinner before as we will arrive quite late.

Check-in and set-up at Castle Arch Hotel

Day 2 – 20/09 – Kildare

This morning, departure towards Kildare for a day to meet Saint Brigid, the patroness saint of Ireland.

Meeting with the Brigidine Sisters and blessing of our journey.

Visit of St Brigid cathedral.

Overnight at Castle Arch Hotel



Day 3 – 21/09 – Hill of Tara – Brú na Bóinne

Departure for an excursion to two very important sacred sites of Ireland.

In the morning, we will visit "The Hill of Tara". You will discover a very exceptional archaeological site, dating from the Neolithic, and consisting of 5 circular enclosures extending over 2km, on a hillside. The 2 most imposing enclosures

are named respectively Rath Lugh and Rath Maeve. In Irish Celtic mythology, Tara is the capital of Ireland, In Irish, it is "Teamhair na Rí", the hill of kings, the "Ard ri Erenn" (High Kings), advised by the Druids. It is the site of all religious, political and judicial assemblies as well as the enthronement of the king.

Afternoon: discover Brú na Bóinne, one of the most impressive archeological sites in all Ireland! Listed as a UNESCO World Heritage Site since 1993, the site includes various tumuli, megaliths, stone circles and other tombs of prehistoric origin on more than 780 hectares. We will enter one of Newgrange's tombs to discover one of the secrets of this place.

Overnight at Castle Arch Hotel



Day 4 – 22/09 – Uisneagh and transfer to Galway

Departure to discover The Hill of Uisneagh, the sacred center - the navel - of Ireland. Accompanied by a guide who will make us live the spirituality of the place with lots of pretty anecdotes!

In the afternoon, we will go to Galway, in the west of Ireland.

Installation and overnight at the Connacht Hotel

Day 5 – 23/09 – Celebration of the Fall Equinox

Morning meditation and quiet moments.

In the afternoon we will meet an Irish shaman who will give us a ceremony in a wood.

And in the evening, we will leave with him for the fire ceremony for the autumnal equinox.

Overnight at Connacht Hotel



Jour 6 – 24/09 – Clonmacnoise and transfer back to Dublin

Our last visit will be to Clonmacnoise, a Christian site founded by Saint Ciarán in the middle of the 6th Century on the eastern bank of the Shannon River. The site houses the ruins of a cathedral, seven churches (10th -13th Century), two round towers, three high crosses and the largest collection of early Christian tombstones in Western Europe. The original high crosses and a selection of

tombstones are on display in the visitor center.

Departure to Paris or other destinations by the last flight of the day

NB: The stages of this itinerary and the places visited are those announced except in case of force majeure or decision of a last-minute change.

It is necessary to master spoken English as far as visits and ceremonies take place in this language.

Why this trip?

Marie Regnault is an explorer of the world since her first trip to settle in the USA in 1982. She never stops to meet the cultures of other countries, on all continents. Along the way, she has adopted more and more often a process of connection to nature, water and spirituality. Her spiritual approach leads her to connect to places with strong energy, tradition and ancient culture. Ireland is a country that has recently deeply touched her, where she has already organized spiritual journeys. She now wants to share it with you and, as co-founders of the Club Spiritualités, she and Michel Fareng chose to take you there.

To make this experience unique, as a participant, you can bring your sensitivity, your knowledge, by offering a ceremony, a meditation, a text, a poem that you would like to share. We will contact you before the trip so that you tell us what you are looking for, what you want to suggest to the rest of the group and, above all, with what you want to leave from there! We want to make it a shared experience, not a classic tourist trip!

Logistics information

This trip is organised in partnership with the agency Contrastes Voyages (IM006100052), based in Nice, directed Olivier De Nicola (H88).

Flights: We will book flights according to the number of people participating in the trip: the last flight Paris-Dublin Thursday, September 19 and the last flight Dublin-Paris Tuesday, September 24. And of course, if you need to leave from another airport, we will book another flight.

The hotels: our selection is made of 3 * family and comfortable hotels. You will be two per room.

The price: 1790 € per person in a twin/double room, not including insurance and drinks – price for an HEC Alumni paying its yearly membership. Add 100€ for non-paying alumni and 200€ for external guests.

This price includes: accommodation with breakfast, return flights from Paris (in case of departure from another airport, a specific quote will be proposed, the price without the flights being 1450€), all meals except one dinner, all ceremonies and entries to the sacred places, accompaniment by our shaman guide, a bus at our disposal for all trips. In addition, please count tips for our guides. The single supplement is 179 € for the first 5 single rooms. Any additional single room is upon request, subject to reconfirmation and surcharges.

Contact : marie.regnault@mailhec.com and +33 6 86 16 94 62 to register. We will send you the registration form and the terms of payment, insurance and other necessary information.