

FOR IMMEDIATE RELEASE

Launch of the Monastère des Augustines Fall Program

Quebec City, September 8, 2016 –Le Monastère des Augustines unveils its complete Fall Program today during an event that will be held in the Choir. The new program offers several workshops, conferences and activities that will be led by highly-qualified partners including Dr. Robert Béliveau, Dr. Serge Marquis, Dr. Jean Drouin, Krystine St-Laurent and Benoit Grenier, who are renowned for their warm, interactive approach. All the activities will continue to be offered individually or as part of a package with a stay in the historic cloister, which was restored and opened to the public in August 2015.

This second year of programming encompasses art and creativity, traditional knowhow, herbalism, self-actualization, life transitions, spirituality, the search for meaning, and more. On the list of events not to be missed are classical concerts such as *Les Violons du Roy* (to be held in the Choir), and discovery concerts like Cristal Bowls and Harp (presented in the historic Vaults). In addition, several signature activities have been put in place for caregivers, in the spirit of the Augustinian Sisters' dedication in service to those who care for others.

"This program was designed to answer today's needs, in keeping with a contemporary take on health," explains Imane Lahlou, Director of Holistic Health at Le Monastère des Augustines. "It allows individuals to discover and explore new avenues, and to return home with concrete tools for putting what they have learned into daily practice."

All the activities in the program were selected or developed with a view to supporting the vocation of this unique, not for profit organization: to continue to enhance its culture and wellness offering within the framework of the values and the mission of the Augustinian Sisters. Having recently been named the world's top destination for physical and mental rebooting by *National Geographic Traveler*, and as a member of *Healing Hotels of the World*, Le Monastère des Augustines is quietly becoming one of the world's most sought-after holistic centres.

À propos du Monastère des Augustines

Le Monastère des Augustines occupe les ailes anciennes du monastère de L'Hôtel-Dieu de Québec (1639), qui est à l'origine du premier hôpital en Amérique, au nord du Mexique. Complètement restauré et réaménagé, Le Monastère propose aux visiteurs une expérience de ressourcement unique ainsi que plusieurs façons originales de prendre contact avec le patrimoine des Augustines, dans une approche laïque : hébergement d'expérience, musée, centre d'archives, programmation en santé globale et en culture, restaurant, boutique, soins spécialisés en santé globale et location de salles.

SOURCE : Le Monastère des Augustines

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INFORMATION AND INTERVIEWS

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