

For immediate release

LE VIVOIR, RELAXATION AND MINDFUL EATING IS NOW OPEN

Québec, March 23, 2022 – Recently, a new dining space dedicated to relaxation and mindful eating opened its doors at Le Monastère des Augustines: [Le Vivoir](#). In addition to this novelty, Le Monastère releases two other concepts for its visitors: a day pass that allow guests to live a cultural and wellness experience without staying overnight, and the comptoir commande, a take-out counter for local customers serving hot dishes and healthy snacks to go.

Le Vivoir, relaxation and mindful eating

Le Vivoir is a place where our guests can lounge and enjoy a nutritious meal in a relaxing setting. Completely renovated and expanded, this wellness space is conducive to both friendly conversation and solitary reflection. The menus are flexible and diverse. Our guests can create their own menu by choosing food combinations that suit their tastes, dietary restrictions, hunger and values. Prioritizing local, seasonal and organic products, we offer a wide selection of vegetarian dishes, fish, meats, vegetables and cereal products to choose from.



The Le Vivoir concept was developed in keeping with the mission of the Augustinian Sisters, who have always considered food to be the cornerstone of health. Le Vivoir offers guests an illustrated guide filled with information on mindful eating to allow them to discover this aspect of holistic health. Open from 7 a.m. to 10 p.m., the revamped space is dedicated to guests with a package

including meals and to day pass holders. People with access cards can enjoy this space for as long as they wish and are welcome to come and go as they please.

Day pass: A new way to discover Le Monastère

This new package will allow visitors to fully reap the benefits of this haven of holistic health for a few hours. The day pass, consisting of a half-day wellness package including lunch or dinner, will be available to locals and tourists who want to enjoy a short experience at Le Monastère without staying overnight. The day pass includes:

- Access to Le Vivoir, relaxation and mindful eating
- One meal with unlimited snacks
- A self-guided tour of the museum's permanent and temporary exhibitions along with heritage walking tours (before 5 p.m.)
- A 60-minute movement and relaxation activity
- Access to the Augustines' choir (before 5:30 p.m.)

At a cost of \$49, the day pass allows access from 10 a.m. to 5 p.m., while the evening pass provides access from 3 p.m. to 10 p.m. and costs \$59.



The Comptoir commande: A take-out counter for local customers

Balanced and nutritious, the take-out menu complements the Le Vivoir menu and lets customers bring the Le Monastère experience home, to work or even to a picnic in Old Québec. Our take-out counter provides healthy options for anyone who visits our site, serving up hot dishes, light meals and snacks, in addition to food prepared sous vide that can be reheated at home. The take-out counter is open daily from 9:30 a.m. to 9:30 p.m.



About Le Monastère des Augustines

Le Monastère des Augustines is located in the wings of the former Hôtel-Dieu de Québec monastery (1639), North America's first hospital north of Mexico. Le Monastère has been completely restored and renovated, offering a unique wellness experience along with several ways to connect with the Augustinian heritage in a secular environment: experiential accommodations, a museum, an archive centre, a program of activities focused on health and culture, a food service, a boutique, specialized holistic health treatments, and meeting room rentals.

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