



ACTIVITIES
FOR GROUPS
—
2022

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SHARING IN AUTHENTIC AND INSPIRING MOMENTS
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LE
MONASTÈRE
DES
AUGUSTINES
An adventure within



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The Augustinian Sisters' everyday lives are regulated by the alternation of action and contemplation. Inspired by this wisdom, Le Monastère provides opportunities to slow down, open oneself to beauty, and strive towards a more contemplative attitude.

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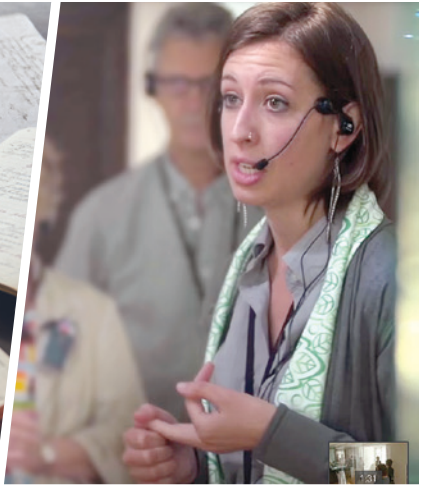
SIGNATURE ACTIVITIES FOR GROUPS

Le Monastère des Augustines' visitors can enjoy a range of activities that offer a unique experience, centred around wellness and the rich heritage of the Augustinian Sisters.

Our "Signature" activities have been designed on site and are closely entwined with the historic site in which they take place.

These original and exclusive activities allow you and your group to experience the essence of Le Monastère, according to your interests.

ACTIVITIES
CULTURE AND
HERITAGE



Activities inspired by the history of the Augustinian Sisters.

GUIDED TOUR OF LE MUSÉE

Tour name	Description	Fee	Group size
Tour of the permanent exhibition	A 60-minute tour including a presentation of the rooms of the exhibition Augustinian Sisters: Healing body and soul, as well as the historic vaults which dates back to 1695.	<p>\$11 per person, taxes included.</p> <p>Tours are valid during Le Monastère's regular hours and are subject to change based on availability</p>	<p>Minimum : 8 people</p> <p>Maximum : 50 people</p>
Tour of the museum and archives	A 60-minute tour including a presentation of the exhibition rooms (45 minutes) and the archive centre (15 minutes).		
Fine arts tour	A 60-minute tour including a presentation of the major works in Le Monastère's collection.		
Garden tour	A 60-minute tour of Le Monastère's main gardens, including la cour carrée (the square courtyard), the terrace and the Sisters' garden (offered from mid-May to mid-October, depending on the weather).		

CUSTOMIZED DISPLAY DESIGNED BY THE ARCHIVIST

Enjoy this privileged access to documents and objects from the collection of Le Monastère des Augustines. The archivist will prepare a personalized display of items relating to the theme of your meeting, the nature of your organization or your genealogical origins. You will be transported by these treasures infused with history, meticulously collected over the years by the Augustinian Sisters.

Type of display	Fee	Availability
Without presentation	\$125 per display, non-taxable	At all times
With a presentation by the archivist, lasting about 15 minutes	\$160 per display, non-taxable	Monday to Friday



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 Concerts in the historic vaults
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TIBETAN BOWLS

The use of the Tibetan bowl allows deep relaxation and effective stress management, and is also a great complement to yoga and meditation. A meditation concert is the perfect opportunity to relax. Let yourself be transported through the wonderful ancestral tools that are Tibetan bowls.

HANDPAN

Invented in Switzerland in 2001, the Hang (or Handpan) became a sensation thanks to its captivating melodies. Several musicians around the world now play the Handpan for live jams in an urban environment, charming passersby. A mix of harp and piano, it will plunge you into a serene and contemplative state. A time period is allocated after the concert to discuss with the artist.

CRYSTAL BOWLS

This concert coaxes you into deep relaxation through the vibrations and harmonious sounds of crystal vessels and the didgeridoo. This sound meditation, offered in the unique atmosphere of the historic vaults, allows you to experience a state of well-being and inner peace.

<i>Duration</i>	<i>Fee</i>	<i>Group size</i>
30 minutes	\$500 plus taxes	Maximum of 55 people
60 minutes	\$800 plus taxes	

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 Concerts in the Augustines' choir
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ORGAN AND SINGING

These concerts take place in the Augustines' choir, whose wonderful acoustics enhance the organ and voice tones. The music consists of famous pieces with commentary, linking the work of the Augustinian Sisters with everyday life in the colony and in the world. The carefully chosen program is balanced and reflects the most important periods of the chamber repertoire.

<i>Instrument</i>	<i>Duration</i>	<i>Fee</i>	<i>Group size</i>
Organ only	30 minutes	\$400 plus taxes	Maximum of 180 people
Organ only	60 minutes	\$450 plus taxes	
Organ and singing	30 minutes	\$600 plus taxes	
Organ and singing	60 minutes	\$650 plus taxes	



**ACTIVITIES
HERBALISM**

Le Monastère preserves an exceptional historical documentary treasure which reveals both the contents of the apothecary cabinets and the medicinal virtues of the different plants used by the Augustinian Sisters.

**CONFERENCE ON MEDICINAL
HERBAL TEAS AND AROMATHERAPY**

Discover the virtues of the medicinal herbs used by the Augustinian Sisters and the ways they are beneficial to the body and spirit. Tasting apothecary herbal teas will also allow you to discover the medicinal herbs' rich and subtle flavours. Learn how aromatherapy is beneficial for energy, vitality, digestion, circulation, immunity and a balanced nervous system.

<i>Group size</i>	<i>Duration</i>	<i>Fee*</i>
Fewer than 20 people	60 minutes	\$475 non-taxable
From 21 to 40 people	60 minutes	\$525 non-taxable
From 41 to 60 people	60 minutes	\$575 non-taxable

* The fee includes the facilitator, room and basic equipment, and is subject to change without notice.



ACTIVITIES HOLISTIC HEALTH CONFERENCES

Our conferences address current health and wellness topics. The content is adapted to both personal and professional life.

AN INSPIRING LOOK BACK FOR CREATING A CARING ENVIRONMENT TODAY

The Augustinian Sisters have been caregivers and hospital managers for nearly 400 years. What was their secret to maintaining a balanced life while carrying out their important professional, economic and social responsibilities? In today's fast-paced, performance-driven society, helping to create a caring work environment and maintaining a healthy life balance are essential to our individual and collective well-being. You will find yourself moved and inspired by the Augustinian Sisters' story.

ENERGY AT WORK, CONCENTRATION AND MOTIVATION

Physical fatigue and lack of concentration can affect creativity as well as professional and personal development. Discover the knowledge and tools to regain your energy, concentration and motivation to thrive and achieve your full potential.

5 KEY ELEMENTS TO TAKE CARE OF YOUR HOLISTIC HEALTH

This conference lets you take home some of the essence of Le Monastère through the knowledge and tools shared to help improve your overall condition and well-being. Learn more about the 5 themes of holistic health that promote health independence:

- Movement and the relationship to the body
- Breathing
- Hydration and nutrition
- Relaxation and sleep
- Spirituality and quest for purpose

<i>Group size</i>	<i>Duration</i>	<i>Fee*</i>
Fewer than 20 people	60 minutes	\$475 non-taxable
From 21 to 40 people	60 minutes	\$525 non-taxable
From 41 to 60 people	60 minutes	\$575 non-taxable

* The fee includes the facilitator, room and basic equipment, and is subject to change without notice.



ACTIVITIES
MOVEMENT AND
WELLNESS

While respecting your own pace and nature, take part in an activity that corresponds to your physical needs, be it to stimulate, harmonize and balance your body or to encourage a return to self, to wellness and calm.

GUIDED MOVEMENT AND BREATHING SESSION

Take a moment to listen to your body.
Choose from these activities:

- Relaxation yoga
- Active yoga
- Postural yoga
- Chair yoga
- Deep relaxation
- Meditation
- Breathing techniques

Group size	Duration	Fee*
Fewer than 20 people	15 minutes	\$125 plus taxes
	30 minutes	\$195 plus taxes
	60 minutes	\$295 plus taxes
From 21 to 40 people	15 minutes	\$225 plus taxes
	30 minutes	\$295 plus taxes
	60 minutes	\$395 plus taxes
From 41 to 50 people	15 minutes	\$295 plus taxes
	30 minutes	\$395 plus taxes
	60 minutes	\$495 plus taxes

* The fee includes the facilitator, room and basic equipment, and is subject to change without notice. Please note that for some activities the maximum is 40 people.

GUIDED MEDITATIVE WALK

A meditative or contemplative walk gently shifts you into a calm space with a focus on breathing and introspection. During the walk, the body remains in motion while the mind becomes calm, inducing a state of mindfulness. This outdoor activity offers beautiful guided tours, interspersed with historical anecdotes. When the weather dictates it, the walk can take place in the corridors of Le Monastère.

Group size	Duration	Fee*
Maximum of 16 people per group	45 minutes	\$10 per person, plus taxes



MASSAGE

Take advantage of these salubrious treatments to increase your flexibility and fluidity of movement, relieve bodily tension and achieve balance. A great surprise to offer your guests!

Group size	Duration	Fee*	Type of massage
1 person at a time	15 minutes	\$20 per massage, non-taxable Regular fee: \$25	Chair massage
1 person at a time	30 minutes	\$40 per massage, non-taxable Regular fee: \$50	Chair massage
2 to 5 people*	60 minutes	\$110 per massage, non-taxable Regular fee: \$120	Vitality Aroma Thai
2 to 5 people*	60 minutes	\$105 per massage, non-taxable Regular fee: \$120	Vitality Aroma Thai

* A maximum of four massages can be performed at the same time.
This offer may vary depending on availability.

ENERGIZING NEUROBED SESSION

The NeuroBed is a neuro-massage bed that helps the body release tension and blockages. It soothes the nervous system through deep vibrations and music composed of targeted sound frequencies. After a session, accumulated stress will have dissipated, providing a feeling of deep relaxation.

Group size	Duration	Fee*
1 person at a time	30 minutes	\$35 per person, plus taxes

NOTE

All activities are subject to change without notice and based on availability.
Maximum capacities for group activities could change due to the COVID-19 pandemic.
Your organizational services consultant will be able to provide you with more information.



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Each visit to Le Monastère
helps support its social mission,
with a view to ensuring continuity
of the Augustinian Sisters' work.
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Le Monastère supports those who devote themselves to the community and their loved ones —such as caregivers, companions of sick persons, nurses, and workers and managers from the health, social service, community, and education sectors—through its social commitment program.

Help us carry out this great mission!



FOR INFORMATION : 418-694-1639 | 1-844-694-1639 | evenements@monastere.ca | monastere.ca

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A hotel awarded a 5 Green Key rating exemplifies the highest standards of environmental and social responsibility throughout all areas of operations. The hotel employs cutting edge technologies, policies, and programs that set the international standard for sustainable hotel operations.



**GROUPE
ENTREPRISES
EN SANTÉ**