



ACTIVITIES FOR GROUPS

—
2024-2025

—
SHARING IN AUTHENTIC AND INSPIRING MOMENTS
—



LE
MONASTÈRE
DES
AUGUSTINES
An adventure within



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.

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
<i>Tour of the permanent exhibition</i>	A 60-minute tour including a presentation of the rooms of the exhibition Augustinian Sisters: Healing body and soul.	\$13 per person, taxes included. Tours are valid during Le Monastère's regular hours and are subject to change based on availability	Minimum : 10 people Maximum : 50 people
<i>Tour of the museum and archives</i>	A 75-minute tour including a presentation of the exhibition rooms (45 minutes) and exceptional archives (30 minutes).		
<i>Fine arts tour</i>	A 60-minute tour including a presentation of the major works in Le Monastère's collection.		
<i>Garden tour</i>	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).		



Concerts in the historic vaults

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>
60 minutes	\$850 plus taxes	Maximum of 55 people

GONGS

Let yourself be guided by the entrancing tones of the gongs in our historic vaults, a breathtaking, almost surreal setting conducive to deep relaxation. The sound waves produced by these impressive instruments initially induce an alpha brainwave rhythm, thereby promoting creativity and relaxation. As the sounds progress, the brain is guided into theta waves, associated with deep meditation. These enveloping sounds help release tension, which effectively reduces stress levels.

<i>Instrument</i>	<i>Duration</i>	<i>Fee</i>	<i>Group size</i>
Gongs only	60 minutes	\$850 plus taxes	Maximum of 55 people
Gongs and female voice	60 minutes	\$975 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	\$500 non-taxable
From 21 to 40 people	60 minutes	\$550 non-taxable
From 41 to 60 people	60 minutes	\$600 non-taxable

* The fee includes the facilitator 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.

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	75 minutes	\$500 non-taxable
From 21 to 40 people	75 minutes	\$550 non-taxable
From 41 to 60 people	75 minutes	\$600 non-taxable

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

ACTIVITIES MOVEMENT AND WELLNESS

Take part in our gentle movement activities,
designed to facilitate a deeper connection with your inner self.

GUIDED MOVEMENT AND BREATHING SESSION

Pause for a moment to find your center. The session will be tailored to your needs and can combine more than one practice.

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

15-minute activities will take place standing or sitting in a chair.

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

Group size	Duration	Fee*
Maximum of 16 people per group	60 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	\$120 per massage, non-taxable Regular fee: \$130	Classic Aroma Thai
6 people and more*	60 minutes	\$115 per massage, non-taxable Regular fee: \$130	Classic Aroma Thai

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

NEUROBED SESSION

Settle comfortably into the NeuroBed and embark on a journey of deep relaxation, guided by soothing sounds and gentle vibrations. The NeuroBed effectively eases body tensions and has a calming effect on the nervous system. After just one session, stress levels diminish, paving the way to a profound state of relaxation. We recommend wearing comfortable clothing to fully embrace the experience.

Group size	Duration	Fee*
1 person at a time	30 minutes	\$35 per person, non-taxable

NOTE

All activities are subject to change without notice and based on availability.
Your organizational services consultant will be able to provide you with more information.



—
Each visit to Le Monastère
helps support its social mission,
with a view to ensuring continuity
of the Augustinian Sisters' work.
—

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

Follow us:



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**