



Le Monastère Des Augustines

THE DEFINITION OF A WELLNESS RETREAT

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As the seasons change there is no better time to reflect on your health and wellness. The combination of changes in our surroundings caused by seasonal stress or life in general, lead us to needs that are not fixable by popping a pill. Sometimes the answer is almost as easy as a vacation, but what if we could combine our vacation travel with a wellness retreat? This year, plan a healthy getaway to a true rejuvenation destination, Le Monastère Des Augustines in Quebec City, Canada. A location that will excite your senses, respect your interests and solidify a step forward in your personal wellness journey.

Over 400 years ago the Augustinian Sisters devoted their lives to caring for Quebec resident's bodies and souls. Their work was responsible for laying the foundation of the province's healthcare system. An experience here is founded by the historical study of wellness and enriched by the spirit and cultural heritage of the Augustinian Sisters. Your stay includes a tour of the Museum and we recommend you take the tour upon arrival as it will open your mind and explain just how this place operates. The unique holistic health experience provided here is open to all cultures and beliefs.

There are many types of wellness retreats, but when travelers are looking for more than a hiking map or yoga class they should look no further than Le Monastère Des Augustines. Interesting

surroundings always peak my interest and Old Quebec guarantees just that. Quebec City is not a European destination, but it does hold so many similar qualities. This UNESCO World Heritage location is completely walk able and safe - add a place of serenity and wellness as the base of your stay and this treasure should absolutely be added to your bucket list before the year comes to an end. You can discover a European influenced destination over a 3-day weekend without jet lag or the cost of an expensive flight.

