

Why practice mindfulness?

"Where are you headed?

-I don't know... you'd have to ask my horse!"

When will we know where we're going?
We will never know if we don't stop running.

To learn to live in mindfulness is to learn to stop running. Physically, verbally, and mentally.

To learn to return to the here and the now, in order to:

- Recognize what's happening within us.
- Accept life as we find it.
- Take care of our emotions.
- Look deeply into the causes of our predicament.
- Understand the root causes of the state we find ourselves in.

Mindful breathing is the basic practice which helps us reside in the present moment and stop living in forgetfulness. Breathing in and breathing out mindfully helps us to stop, to really live one moment at a time, one day at a time. The various ways we practice:

- walking meditation
- sitting meditation
- listening to teachings
- mindful meals in silence
- deep relaxation
- group discussion
- tea ceremony

"Stopping" does not necessarily mean abandoning all of our activities and freezing in place. Rather, it means doing all we have to do with careful attention, with presence, with **Mindfulness**.



Located on the shores of Lac St-Louis on Île-Perrot, the Centre Notre-Dame-de-Fatima offers all the charms of a country retreat centre while being only 30 minutes from Montreal, and 90 minutes from Ottawa).



Two days of slowing down and relaxing, of deep looking and deep listening. Two days of warm interaction and letting go. The retreat will begin Friday evening at 7:00pm, and will end at 4:00pm Sunday.

Fee: \$150 includes housing, bedding, all activities, and five meals (no dinner is served Friday). **Deadline April 18.** A deposit of \$50 will guarantee your reservation.

Name: _____

Address: _____

City : _____

Postal Code: _____

Tel: _____ Fax: _____

Email: _____
(It is very helpful to for us to use email so as to reduce our expenses.)

Amount included: _____

Thank you very much! Please send this page, along with your payment, to:

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