

**Chân Huy** is a close associate of Thich Nhat Hanh and a senior teacher in his tradition. He brings to this retreat many years of experience in the teaching of traditional approaches to Mindfulness Meditation. During this retreat, he will offer an opportunity to take the Five Mindfulness Trainings to those who are interested.  
<http://mpcmontreal.homestead.com/files>

**Joseph Emet** edited the Plum Village song book, and produced the CD **The Basket of Plums**, a collection of songs for the practice of Mindfulness. He is interested in meditation for fostering creativity, and as a healing force.  
[www.cam.org/mindful](http://www.cam.org/mindful)

**Lynette Monteiro** is a psychologist who teaches the practice of mindfulness in a clinical setting, concentrating on the core skills of this practice, and their utilization in symptom management and intimate relationships.  
[www.ottawamindfulnessclinic.com](http://www.ottawamindfulnessclinic.com)

In this retreat we will:

Learn to use the wisdom of our professional training in more beneficial ways.

Access our creativity to ease the stress in meeting the demands of our professional practice and personal life.

Realize different ways to achieve a healthy and healing approach in daily living.

## **WHY MEDITATE: THREE PERSPECTIVES ON MEDITATION**

**A Mindfulness Retreat  
in the Tradition of  
Thich Nhat Hanh**

with

**Chân Huy,  
Joseph Emet and Lynette  
Monteiro**



**April 30th – May 2nd  
2004**

**Centre Notre-Dame de Fatima  
2464, boul. Perrot  
Notre-Dame-de-l'Île-Perrot (PQ)**

