



## Depression, heaviness in the soul, not feeling comfortable in one's skin, there is a way to deal with it!

As summer draws to a close, the days grow shorter, the light less intense. The leaves change colour. A vague melancholy sets in... Who has never felt these low moments, these variable and unpredictable moods? Sometimes a small cloud will appear in the blue sky, and what we refer to as "depression" takes hold ever so subtly. There is a way, however, to face it, and not necessarily with a huge struggle.. We can stay with what is happening by solidly establishing ourselves in the present moment. The present moment is always new, clear of all worries. To take refuge there with all one's heart is to allow ourselves not to be tied anymore to anything. To allow ourselves neither to attach to that which has just happened, nor to something that we think might happen in the future. The deliverance of the present moment is not just some trick, it is a reality. It is a practice. The practice of mindfulness.

## With Sister Annabel

we will practice sitting and walking meditation, sharing our meals in mindfulness, and total relaxation. The supportive presence of the Sangha will help us integrate the wonderful teachings of Thich Nhat Hanh into our daily lives.

The retreat will take place at Villa Saint-Martin, a beautiful estate on the shores of la Rivière des Prairies, just 20 minutes by car from downtown Montreal. The center is surrounded by a large park, conducive to calm, relaxation and looking inward.

The single rooms each have a private washroom.

Sheets and towels are provided.

Please bring your own meditation cushion.

Registration: Friday, Oct. 15th, 7:00pm Orientation: 8:30pm

Sitting meditation: 9:30pm

End of retreat: Sunday, Oct. 17th, around 4:00pm

Cost: \$175.00 (2 nights, 5 vegetarian meals); \$150.00 before Oct. 1st

A 50% deposit will assure your reservation

(non-refundable after Oct. 1st) Space is limited.

Please make out your check to "CML de Montréal" and mail to:

CML de Montréal

5867, rue St-Hubert, Mtl H2S 2L8