

INTERNATIONAL HOLISTIC CENTERS GATHERING 2016 AT LE MONASTÈRE DES AUGUSTINES, QUÉBEC CITY, CANADA MAY 15TH TO 20TH, 2016

SPECIAL GATHERING PACKAGE

In addition to your participation at the Centers Gathering, the package includes:

- Accommodation in a restored original cloister (choice of authentic or contemporary room)
- 3 healthy meals per day at Le Monastère's restaurant (including tip)
- Access to the activities of the daily program: meditation, relaxation, yoga, pilates, walk, film, etc.
- Access to the museum and the heritage site
- Access to common rooms for relaxation and communication

Room options

Authentic room

Enjoy a unique experience in an authentic style room filled with antique furniture and restored to modern standards of comfort. Sink only (full bathrooms on each floor).

Contemporary room

Relax in total comfort and perfect harmony with our heritage site in one of our simple and contemporary designed rooms. Private bathrooms.

Package Rates (5 nights)

Authentic room

\$869.20 per person in single occupancy

\$656.70 per person in double occupancy

Contemporary room

\$1069.20 per person in single occupancy

\$756.70 per person in double occupancy

Note: The rates are in Canadian funds and are subject to applicable taxes (City Accommodation Tax, the Federal Goods & Services Tax and the Provincial Sales Tax (PST)).

Additional night | pre and post gathering

Authentic room

\$195.80 per night, per person in single occupancy

\$145.80 per night, per person in double occupancy

Contemporary room

\$235.80 per night, per person in single occupancy

\$165.80 per night, per person in double occupancy

Booking

Book online through Le Monastère's website:

www.monastere.ca (Accommodation page)

A promotional code has been set-up: **CGAT0515**

PRELIMINARY GATHERING SCHEDULE

Sunday May 15th

19h | Welcome – Opening of the Centers Gathering

Monday May 16th at 9am through Friday 20th at noon

Gathering workshops and activities

Saturday May 20th and Sunday 21st

Post Event | Must see in Québec City (schedule to be confirm for those interested)

Daily program at Le Monastère des Augustines (included in the package)

7 am | Awakening series

Simple breathing techniques, guided meditations and gentle stretches

10 am | Vitality series

Dynamic, invigorating and creative stretches

12 pm | Relaxation series

Restorative and relaxing stretches and postures mixed with guided meditations

5 pm | Creation series

Creative art sessions, drawing, painting, mandalas and/or creative movement

8 pm | Inspiration series

Interactive dialogue sessions on inspiring topics and specific readings, movie and documentary viewings, guest speakers

ADDITIONNAL INFORMATION

Airport

Name of the closest airport: Québec City Jean Lesage International Airport (YQB)

Daily direct flights to YQB through Montréal, Ottawa and Toronto.

<u>Destination</u>	<u>Airport code</u>	<u>Carrier</u>	<u>Description</u>
<u>Montréal</u>	YUL	Air Canada	Up to 16 daily flights
<u>Montréal</u>	YUL	Air Transat	From June 23 to October 27, 2015 : 1 weekly flight on Tuesday
<u>Ottawa</u>	YOW	Air Canada	Up to 2 daily flights
<u>Toronto</u>	YYZ	Air Canada	Up to 8 daily flights
<u>Toronto</u>	YTZ	Porter	Up to 3 daily flights
<u>Toronto</u>	YYZ	WestJet	2 daily flights

Source: <http://www.aeroportdequebec.com/en/flights/destinations-from-quebec-city/canada/>

Note: Information above is subject to change without notice.

Airport Transfer from / to Québec City Jean Lesage International

Airport (YQB)

Taxi: \$34.25 Cdn (one way)

From YQB to downtown Québec City (approximately 30-minutes drive)

From downtown Québec City to YQB (approximately 30-minutes drive)

Private pick-up

Reservation ahead of time is preferable

<u>Services to</u> <i>Le Monastère des Augustines</i>	<u>Sedan Car</u>	<u>Deluxe Van</u>	<u>SUV</u>
Number of passengers	2	5	4
Québec City Jean Lesage International Airport (YQB) to Le Monastère	\$65	\$80	\$120

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