

Training

The practice of mindfulness for the benefit of individuals and organizations

The Institute of Applied Mindfulness (IPCA) of Montreal offers a comprehensive practical training in order to apply Mindfulness to all levels of daily life and relieve suffering, promote peace and happiness in ourselves in our families, our communities and around the world.

- ▶ [Other Training sessions offered in French](#) ^[1]
- ▶ [Passed workshops and trainings offered by MIAM](#) ^[2]

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[1] <http://mpcmontreal.org/?q=fr/node/340>

[2] http://www.mpcmontreal.org/?q=fr/archive_ateliers