

## Welcome

### **Mindfulness Practice Center (MPC) Montreal Institute of Applied Mindfulness in the tradition of Zen Master Thich Nhat Hanh**

*Mindfulness and meditation, one and the same*



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**6000 Côte-des-Neiges #110 & 115  
Montreal H3S 1Z8**

For over forty years, the Vietnamese Buddhist master Thich Nhat Hanh [2] forward Zen thinking to Western meditators and teach them the practice of Mindfulness by his books, retreats and other Mindfulness activities worldwide from several monasteries in America Europe and Asia and two Institutes of Applied Buddhism (IAB) [3]in Europe [3] and Asia. [4]

Following the example and inspiration of both IAB, the Montreal Institute of Applied Mindfulness (MIAM) 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, our families, our communities and around the world.

Teachers of the Dharma of MIAM received the transmission of light directly from the Zen Master Thich Nhat Hanh, and in turn pass their understanding and experience verbally but also and

especially by their presence and their daily lives.

Students at the MIAM learn the Art of Living in Mindfulness and control over their bodies, their minds, their words and actions.

We apply the ancient Buddhist teachings of the Four Foundations of Mindfulness (Satipattana Sutta) to free ourselves from the tensions of the body, reduce our stress and our body aches, and reduce not only symptoms but also the underlying causes of the disease. We learn to look deeply to understand the suffering within us and around us, to recognize and transform our emotions and painful feelings.

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#### **Links**

[1] <http://mpcmontreal.org/sites/pleineconscience.org/files/page/Zendo%20elipse%20beige.jpg>

[2] <http://plumvillage.org/about/thich-nhat-hanh/>

[3] <http://eiab.eu/>

[4] <http://www.pvfhk.org/>