

HEALING OURSELVES AS WE HEAL OTHERS:
WHAT IS OUR REAL PRACTICE?
A Day of Mindfulness Training for Health Care Practitioners

with

Dr. Robert Beliveau & Minh Tran (Chan Huy)

at

Unicorn Haven,
Navan Ontario

June 14, 2003

0900-0930 Introduction and Mindful Breathing Exercise
0930-0945 "Love Me, Love my Practice" (Lynette)
0945-1015 "Mindfulness Training for Stress Management" (Robert)
1015-1045 Discussion

1045-1100 Break

1100-1145 Body Scan Exercise (Robert/Lynette)
1145-1215 Reflections on Body Scan (Lynette/Robert)

1215-1300 Lunch (provided)

1300-1330 Mindful Walking (outdoors if weather permits)
1330-1430 "Healing Ourselves as We Heal: What is our Real
Practice?" Chan Huy
1430-1500 Discussion

1500-1515 Break

1515-1545 Breathing meditation practice
1545-1615 Discussion and wrap-up, hanging out together

We thank you all for the work you are doing in your communities and
for taking the time today to be in good health

Our Facilitators

Minh Tran (Chan Huy) comes from four generations of students of the

Zen master and author of many books on mindfulness practice Thich Nhat Hanh. Chan Huy teaches mindfulness meditation and conducts many workshops on mindfulness for health care practitioners and other groups throughout North America. He was ordained as Dharma Teacher by Thich Nhat Hanh in 1994 and has been the primary teacher at the Community for Mindful Living, Maison Plene Conscience in Montreal for over 15 years. He currently lives in Ottawa and continues his generous support of mindfulness-based programs here.

Dr. Robert Beliveau, M.D. conducts several weekly mindfulness-based programs at the Maison Plene Conscience in Montreal, Quebec. "I have been a m.d. for 25 years, practiced psychotherapy and psychosomatics for nearly 20 years, have coauthored a book "Les Quatre Clés de l'Équilibre Personnel" and been deeply transformed by my own practice of meditation. I have put an end to my formal medical practice in July 2000 in order to deepen my own meditation practice and explore ways to help patients integrate these practices into their own healing process."

Sponsored and organized by Dr. Lynette Monteiro & Dr. Frank Musten, Psychologists