

**Le Domaine Bourget** is accepting reservations for weekend or overnight stays. It is a lovely four-star inn/spa located on the edge of Larose Forest east of Ottawa and is easily accessible from the 417 East and from Montreal.

Please contact Barbara Missey (613-487-3277) at [bmissey@travel-net.com](mailto:bmissey@travel-net.com) or go to [www.domainbourget.com](http://www.domainbourget.com) for reservations.

#### TO GET THERE

**417 East to Exit 88 (Rockdale)  
Left Turn on Rockdale to Russell Road  
Right Turn on Russell Road, go 12 km  
RT on Bouvier Road, go 1.5 km**

*Note bene:* We encourage you to take advantage of their inn/spa facilities on this rejuvenating weekend. Le Domaine Bourget has generously offered to reserve the entire facility for our group if they receive at least 5 room reservations by October 15, 2003!

## Ottawa Mindfulness Clinic

*Mindfulness* is a way of taking a more engaged stance in our relationship with our loved ones, our environment, and ourselves. It promotes awareness of the changes arising in us, giving us time to assess, accept, and encourage healthy ways of being. It is not a formula for happiness, however, through the **Breath**, it is a way of directing our

Body,  
Emotions,  
Sensations and  
Thinking

onto a path that fosters calm and ease in the face of our challenges.

The Clinic offers the opportunity for clients to develop skills to cope with distress arising from depression, anxiety, work-related stress, or care-giver stress.

The practitioners are experienced in meditation processes and have an active on-going personal practice of mindfulness.

## PRACTISING CONTINUOUSLY: SUSTAINING SELF-CARE IN EVERY MOMENT

Day of Mindfulness for Health Care  
Practitioners

With  
Chan Huy  
Dr. Lynette Monteiro, C.Psych.  
Dr. Robert Beliveau, M.D.

November 1, 2003  
8:30AM – 5:00PM

Le Domaine Bourget  
Country Inn & Spa

Cost: \$105.00

Ottawa Mindfulness Clinic  
595 Montreal Road Suite 305

Ottawa ON K1K 4L2  
613 745-5366 p  
613 745-1186 f

[lynettemonteiro@compuserve.com](mailto:lynettemonteiro@compuserve.com)

**Taking** stress management courses is like inoculating ourselves against the potential damage of constant demands and pressure. However, we can defeat the purpose of the vaccine by exposing ourselves to greater and greater levels of stress in the mistaken belief that the vaccine provides unlimited protection and permits greater exposure. In effect, the skills to ease our discomfort can become a poorly handled snake that bites us causing greater harm.

**Practising** the skills that are meant to enhance our quality of life requires persistence and patience. Often in the rush of the hours and days, we let go those skills or even miss the moments in which we actually are practising them.

**How to Practise?** We already maintain the quality of our professional lives by attending to the demands of the moment. In effect, we already have the skills to be *mindful of our stress*. However, we may lack the opportunity to engage in those skills in our personal lives. A Day of Mindfulness expands awareness of our skillful means and refines our techniques, taking what we use automatically in the limits of our professional schedule and making it accessible in every moment.

This workshop is designed for persons involved in healthcare service: psychologists, family physicians, psychiatrists, mental health care workers, physical therapists. Spouses/partners are welcome to attend.

#### **Our schedule for the day**

- 8:30 Registration and coffee
- 9:00 Introduction to Mindfulness-Based Skills
- 9:30 Guided meditation (opening)
- 10:00 Break with snack
- 10:30 Main Talk
- 12:00 Lunch (provided)
- 13:30 Walking meditation/ Joyful laziness
- 14:00 Discussion and Reflections
- 15:15 Break with snack
- 15:30 Body Scan/yoga
- 16:30 Guided meditation (closing)
- 17:00 Leave-taking

### ***Our Speaker***

**Minh Tran (Chan Huy)** teaches in the tradition of the Zen master *Thich Nhat Hanh*. He conducts many workshops on mindfulness for health care practitioners and other groups throughout North America. Currently he lives in Ottawa. He has been the primary teacher at the Community for Mindful Living, Maison Pléine Conscience in Montreal for over 15 years.

#### **Our Facilitators**

**Dr. Lynette Monteiro, C. Psych.** was trained in the Cognitive Therapy tradition of psychotherapy. In her private practice she treats adults and children and teaches meditation. At the Ottawa Mindfulness Clinic, she conducts courses in Mindfulness-Based management of physical pain, depression, anxiety, and in relapse prevention.

**Dr. Robert Beliveau, M.D.** conducts several weekly mindfulness-based programs at the Maison Pleine Conscience in Montreal, Quebec.

*Sponsored and organized by **Ottawa Mindfulness Clinic***

### **REGISTRATION**

Deadline: **October 15, 2003**

Cancellation: 50% of fee refunded if cancellation received by October 24, 2003

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone (day) \_\_\_\_\_  
(eve.) \_\_\_\_\_

Email: \_\_\_\_\_

Receipts will be available at registration.

Payment:

Cheque (made out to **Ottawa Mindfulness Clinic**)

VISA \_\_\_\_\_  
exp \_\_\_/\_\_\_

MasterCard \_\_\_\_\_  
exp \_\_\_/\_\_\_