



La Solitude

de Pré-d'en-Haut

GUIDE
FOR
WORKSHOP
FACILITATORS
AND LEADERS

OUR MISSION: *To promote the inner quest by means of silence and listening to one-Self.*

OUR VISION: *Everyone can fully realize themselves.*

OUR VALUES: *Amongst others, interiority, love, respect, and simplicity.*

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TABLE OF CONTENTS

INTRODUCTION	3
La Solitude, A Unique Place.....	3
A Non-Profit Organization	3
A Brief History	4
FURTHER INFORMATION.....	6
The Word of Welcome	6
"Guardian Angel"	6
The Schedule of the Workshops	6
Hosting the facilitator	6
The Food.....	6
Publicity.....	6
The Presence of Others On The Grounds.....	7
Cancellation.....	7
Rental fees.....	7

INTRODUCTION

Thank you for choosing to offer a workshop at La Solitude de Pré-d'en-Haut. We hope that your stay will meet your expectations for you and your participants. This guide was prepared by the La Solitude's Program Team. It contains information about the organization, policies and procedures when running a workshop.

La Solitude, A Unique Place

To enjoy the benefits of La Solitude, it is very important to know both the background and the purpose of La Solitude.

La Solitude is, above all, a place where most people come to stay and experience the 'three S's':

Silence.....Solitude.....Simplicity

The facilities are designed to allow those who stay there, to relax in silence, to be sheltered from the main distractions of modern life, and to recharge their energies. The simplicity of the cabins and food promotes self-discovery and a return to the Source of life, in the heart of every human being. Exchanging the noises of everyday life against those of nature can sometimes cause some discomfort, but leaving our comfort zone, we allow ourselves to get back to basics.

In the past, La Solitude was frequented by followers of Father Raymond Bujold. It is now a non-denominational space, open to all those whose journey and spiritual experience are harmonized with silence, simplicity and contemplation. Thus, it remains an oasis of peace, a place where calm and tranquility reign.

It is, therefore, essential that participants understand that the preservation of the particular character of La Solitude implies behaviors marked by silence, discretion and respect everywhere on the grounds. The only place where mindful words have a place is within the Thabor (the meeting room), when a workshop is being held.

Please encourage your participants to take full advantage of the benefits of silence and contact with nature. Do not hesitate to strongly advise them to put aside, as much as possible, anything that may hinder their inner journey. Activities such as taking pictures and reading should be discouraged to enjoy the inner experience.

A Non-Profit Organization

Led by a volunteer Board of Directors, La Solitude de Pré-d'en-Haut is a non-profit organization. Most of its income comes from donations. It dedicates all its resources to the implementation of activities, as well as to the maintenance and development of the premises. One of its goals is to offer affordable stays and workshops.

The proper functioning, the maintenance of the premises, the development of services and programming depend in large part on the commitment, skills and dedication of our team of volunteers.

A Brief History

Raymond Bujold was a missionary priest of the Congregation of the Holy Cross. He spent about fifteen years in India, where he walked from one village to another, which could take him several days, and during those long walks, he realized that by simply having the basics to live with without distractions from the outside, he could really connect with his inner voice. It was this inner strength that allowed him to continue his mission, in very difficult conditions.

After fifteen years of total dedication to the people he loved, he was forced to return to Canada because of exhaustion, and a strong political tension in northern India.

He soon realized that he could hardly convey, what he had discovered in India, to people in his country, Canada. One morning, he woke up with the inspiration that he had to build cabins, where local folks would be invited to live with less comfort and he maintained La Solitude as a retreat away from the busy lives people have.

In 2015, La Solitude of Pré-d'en-Haut Inc. acquired the site. Thanks to the work of many volunteers, including the members of the Board of Directors, La Solitude has once again become a wonderful place of silence and contemplation for all those who urge to grow up and discover the deep riches of their inner self.

For more information, we invite you to visit its website: www.lasolitude.ca

YOUR COMMITMENTS IN FACILITATING A WORKSHOP

By signing a contract with La Solitude of Pré-d'en-Haut Inc., you agree to assume certain responsibilities. Your commitment is:

1. To encourage your participants to experience the '3S's'..... Simplicity, Solitude and Silence. These are the three characteristics of La Solitude. They define the vocation of the place and favor an approach towards inner reflection.

Simplicity: The simple cabin, the frugal diet and contemplation in nature. It is about living a relaxing simple experience in a healthy and safe place.

Solitude: Time for one self, detached from society and everyday activities. It invites the person to stop using electronic devices (cell phones, tablets, camera, etc.) and to find, in the freedom of La Solitude, the respite of a stay.

Silence: Voluntary suppression of speech and interaction between individuals is akin to "Noble Silence". This is an opportunity to calm the mind and focus inward. It is understood that during the actual workshops, which are held in the Thabor, the silence requirement does not apply. However, on the site and in the common areas, silence reigns. It allows, from the onset, the discretion and respect towards other participants, who are there. Other people, not attending the workshop, are on personal retreats on the premises.

2. To demonstrate an ethic of confidentiality by keeping private the comments of participants and avoiding posting of photos, without the written consent of all those photographed.
3. To provide a description of the workshop content and details of your professional training. Your proposal will have to be approved by the Program Team, before signing the commitment.
4. To provide an opportunity, at the workshop, for a representative from La Solitude to speak at the beginning, and then towards the end of the workshop to provide some direction.
5. To agree to provide an evaluation to participants for feedback on their experience, a copy of which can be provided to you later.

TYPES OF RENTAL

1. **The Tabor rental for a multi-day workshop.**

- You manage the registrations of the participants, collect and transmit the information necessary for the preparation of the stay (schedule, arrival time, special needs ...)
- In conjunction with the Solitude Coordinator, you provide participants with logistical information about the stay.
- You collect the payment from each participant and remit such to La Solitude.
- You communicate, to the Coordinator, the special needs of your participants (allergies and others), at least 7 days before the activity.
- This option includes your accommodation at the Peace House, and the rental of at least 8 cabins by the participants with simple food for everyone.

2. **Rental of Tabor only**, without residence in the cottages for the participants, and without food. Half or full day rentals are possible.

3. **Rental of Tabor and a number of cabins** (House of Peace inclusively) for a full day. Basic food is provided for everyone. There are 14 cabins with electricity and 2 cabins without electricity.

Various arrangements can be discussed and approved with consideration of the values, with the Coordinator and the Program Team.

The agreement will include the terms of payment, the cancellation fees and the responsibilities of the parties.

FURTHER INFORMATION

Other useful information for your attention:

The Word of Welcome

At the beginning of the first meeting, a Solitude volunteer or Coordinator shares the few principles to follow during the stay and answers questions. It is also an opportunity to present "the guardian angel". (15 minutes approximately)

"Guardian Angel"

"The guardian angel" is a volunteer, who looks after logistical aspects during the workshop. He or she is present throughout the stay, and available to the participants and to you. This person acts as a support to you and helps with any needs you may have, or questions as well as emergencies. He or she also watches over food and certain aspects of cleanliness. The services of the "guardian angel" are included in the price of the rental and necessary for the good functioning of the stay.

The Schedule of the Workshops

The schedule is flexible and is set up with you at the time of the agreement.

- a. One-day workshop. For example: 9 am to 4 pm
- b. Two-day workshop. For example: from Friday to Sunday noon.
- c. Extended workshop. For example: 3 days or more, times to be determined.

Hosting the facilitator

During your stay, it is understood that you live at La Maison de la Paix (Peace House) in order to be available to participants who want to meet you. This house is designated to allow you to meet with participants who require your assistance.

The Food

A simple menu, although complete, is available at any time at "La Manne", a nearby building. A dish cooked daily by volunteers (soup, chili ...) is offered, in addition to basic food. We are concerned about buying local or, at the very least, Canadian food as much as possible. You can hire a catering service according to the specific dietary needs of your participants. You must communicate known allergies or special needs in advance.

Publicity

La Solitude is committed to placing the information of the workshop on its website and Facebook page.

The Presence of Others On The Grounds

You should be aware that other people, who are not participants of your workshop, may be staying on the premises. They are also observing the principles of the "3 S's".

Cancellation

A non-refundable deposit of \$200 is required to confirm the booking and rental of the premises.

For one-day rentals, a \$50 non-refundable deposit is required.

The cancellation policy for the entire stay varies according to the desired number of participants and the number of cabins reserved for the workshop. As a general rule, there is no refund of rental fees for cabins in the event of cancellation within 7 days prior to the rental.

The details of the cancellation policy are to be discussed with the Coordinator, at the time of signing the contract.

Rental fees

Thabor (incl. Peace House)	<ul style="list-style-type: none">• \$ 100 per day, for multi-day workshops• \$300 a day, a single day, on the week-end
Thabor	<ul style="list-style-type: none">• from \$100 to \$300 per day for a single day during the week
Cabins (per person)	<ul style="list-style-type: none">• \$50 per day, night and food• \$40 per day, full day, food included

