



À la carte wellness activities

Enrich your meeting agenda by fostering active participation through tailored sessions and activities aimed at nurturing your team member's personal well-being.

Movement

D-TOX circuit

The lymphatic system, which is responsible for freeing the body of toxins, needs support to function, and one of the best ways to stimulate it is through physical activity. This circuit workout, featuring the trampoline and Swiss ball, is the perfect way to activate your detox!

Pilates

Engaging in Pilates routines on a supportive mat cultivates a heightened sense of your body's inner workings, honing in on those deep-seated muscles. This newfound awareness empowers you to execute daily actions and physical endeavors with enhanced precision and grace, safeguarding against injury while fostering fluidity in motion.

Morning training

Join our group training sessions at the gym to master a variety of machines and bodyweight exercises. Designed in circuit format, each participant can tailor the intensity to match their fitness level and goals. These dynamic routines engage the entire body, fostering strength, endurance, and cardiovascular health.

HIIT (high intensity interval training)

Experience a dynamic training regimen structured around intervals of exertion and recovery, engaging every muscle group and joint in the process. Start with a thorough warm-up, segue into a 30-minute session pulsating with medium to high-intensity movements, and culminate with a soothing cool-down. Efficient yet impactful, it promises a condensed yet transformative workout experience.

Essentrics

Essentrics is a holistic training regimen centered on strengthening muscles through lengthening, fostering supple yet robust muscles and a harmonized muscle chain. Beyond mere aesthetics, this intelligent program nurtures inner well-being. Set to music, devoid of weights, it delivers an invigorating energy surge.

Mobility and reinforcement

Mobility combines strength, joint flexibility, and motor control, enhancing both physical and mental well-being. It empowers us to perform daily activities effortlessly and pain-free. This course aims to cultivate autonomy in managing physical challenges responsibly.

Relaxation

Self-massage with roller

Try a new kind of workout with these Styrofoam rollers designed to release muscular tension. You'll be supervised by our kinesiologist, who can adapt the exercises to your various contractures.

Warm-water/sauna stretching

Warm stretching is based on relaxation, breathing and resting the body. Stretching in warm environment promotes greater joint amplitude, as ligaments, tendons and muscles offer less resistance.

Yoga

A gentle, flowing yoga session. Meditation and a sequence of movements coordinated with the breath to promote strength, flexibility and balance. The level of the session is always adapted to the people who come to the class. Accessible to all.

Facial Yoga and self-massage

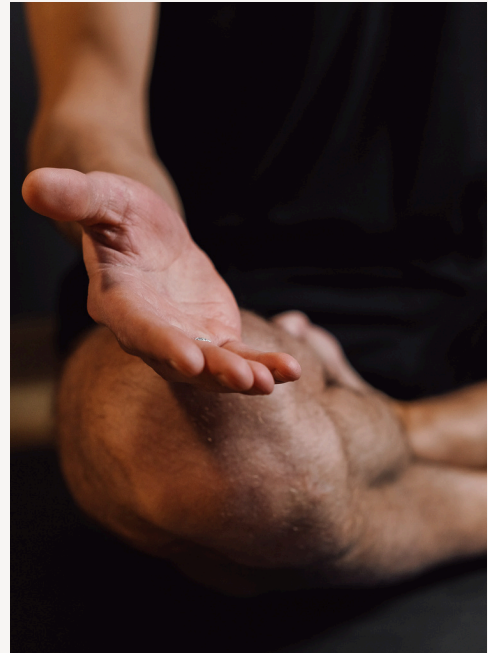
This practice is becoming increasingly popular as we recognize its many benefits. Highly relaxing, it helps soothe stiffness in facial muscles, promotes blood and lymph circulation, reduces puffiness and, in the long term, diminishes the appearance of wrinkles.

Introduction to meditation

In this workshop, we'll look at what meditation is, what's the best posture to adopt, when is the best time of day to meditate, and what are the basic techniques. We'll put the theoretical concepts into practice with a short meditation.

Guided stretching and relaxation

A stretching session designed to generate greater flexibility in the body. Take the time to slow down, to give yourself the space to listen to your body's needs, to breathe and to promote deep relaxation for body and mind.



Qi Gong initiation

Come and discover and experience Qi Gong. After a brief theoretical presentation, this workshop will focus on the practical aspect. First, you'll experience relaxation of body and mind through a still practice that resembles a guided meditation. Next, we'll make a series of slow, flowing movements designed to replenish your energy reserves. These movements will help relieve tension in your back and shoulders, and reduce stiffness in your joints.

Meditation and exchange session

During this session, there will first be about fifteen minutes of exchange. This first allows guided meditation tailored to what participants are experiencing at that moment. This is followed by 30 minutes of meditation: 20 minutes guided and 10 minutes unguided. The session ends with a question and answer period.

Muscle release with balls

These exercises, some of which require a tennis ball, are designed to relieve tension and promote greater awareness of breathing. They can be practiced at the office, in the car or at home. They make it easy to locate areas of tension, and to remedy them to avoid the build-up that leads to discomfort and pain.

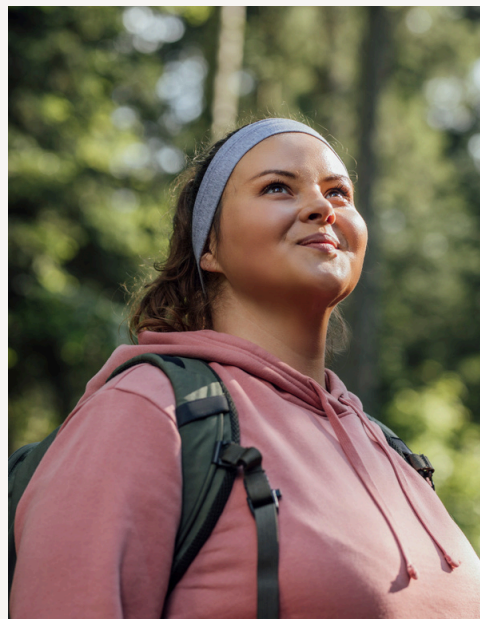
Nature

Nordic walk

Originally from Scandinavia, Nordic walking is an ideal all-season physical activity. It differs from traditional hiking by the use of poles, which encourages the contribution of the main muscle and joint groups. This physical activity, which is accessible to all, will enable you to discover Spa Eastman's magnificent trails.

Introduction to thermotherapy

Our guide invites you to explore the waters the European way and learn more about the benefits of alternating hot and cold on overall health with the Kneipp approach, among others. Beyond the pleasure and relaxation associated with Quebec's Nordic spas, this activity highlights the positive impact of thermotherapy on health and quality of life.



Stress management

Mindfulness as a stress management tool

Come and understand the effects of mindfulness practice on the brain and the various systems that make up the human body. Apply some of the principles of mindfulness to your daily life, so you can be more serene in the face of unpredictable external situations.

Managing stress, thoughts and emotions through mindfulness

How to live more in the present moment? How to better manage stress and anxiety? This workshop offers breathing techniques and practical tips to help you do just that. The workshop also demystifies what mindfulness meditation is, and includes a guided meditation to end on a zen note.

Introduction to EFT tapping

Discover and experiment with a quick, effective and lasting way to reduce your daily stress. You'll know exactly what to do to use it easily in your day-to-day life, so you'll feel less stressed!

Mental well-being

The chemistry of happiness

In the 70s, Dr. Candace Pert and her team discovered the molecules of emotion... The pharmacologist found that the cells of our immune system produce the same emotional molecules as our brain. Body and mind are therefore inseparable. In this lecture, find out more about this and the undeniable link between stress and disease.

The creative power of thoughts

Thoughts are energy. They are fuelled by our beliefs, both conscious and unconscious. They are the basis of everything we achieve, whether desired or apprehended... Positive or negative, they weave the course of our lives at every moment. We have the power to create our reality and develop a confident attitude. Feeling victimized, never again!

Applying the wisdom of the 4 Toltec Agreements

According to author Dom Miguel Ruiz, we have adopted ways of thinking and acting based on an adaptation to our surroundings. Instead of being ourselves, we become what our beliefs dictate, which leads to a great deal of suffering. Our lives can be transformed by what he calls the 4 Agreements: impeccable speech, stopping assumptions and projection, and personal commitment.

Dreams reveal something about us

What's the use of the time we spend sleeping? Did you know that we dream every night? How to decode the personal symbols of your dreams and use this valuable information to improve your quality of life, relationships, decisions and self-understanding.



Health and vitality

The body doesn't forget

This conference clearly expresses the impact of trauma on the traces it leaves in the body, memory and emotions. It combines neuroscience, clinical practice and reflection on illness, as well as on the possibilities of alleviating the symptoms of post-traumatic shock through somatic practices and the many tools available at Spa Eastman.

How to boost your energy level

In this lecture, discover the essential link between nature and our well-being. Nobel Prize winner Otto Warburg showed that the lack of oxygen in cancerous tissue hinders cellular energy production. Moreover, the sun's infrared rays organize the water in our cells, while direct contact with the earth acts as a powerful antioxidant, reducing body acidity.

Our discomforts speak to us

Like dreams, the physical body has its own language and messages to deliver. It speaks to us through various symptoms that can be perceived as a faithful mirror of our reality, both physical and inner. It is said that the body is the vehicle of the soul. Each unique soul has its own unique vehicle. Each of us is responsible for maintaining the health of our "vehicle". In this workshop, we'll explore the metaphysical language of the different parts of the body, as well as the plausible inner messages delivered by our physical symptoms.

Taking charge of your back

A healthy back is not a luxury, but it's far from being a given for many people. Prevention as much as cure is becoming a necessity if we want to preserve our quality of life. Where do you start to take back responsibility for your back's health? What are the components of balanced posture? Discover a few tips for developing better back hygiene on a daily basis.

The 5 Tibetans, exercises to increase vitality

5 easy-to-learn exercises that stimulate and regulate the 7 chakras and endocrine glands that regulate our bodily functions. They stimulate the hormonal, immune, muscular and nervous systems, and increase vitality and emotional and mental balance. These exercises are recognized as a real fountain of youth!

How silent inflammation affects our health

Silent inflammation is at the root of most health problems, including cancer and autoimmune diseases. Our diet and intestinal health play a key role in this process. Naturopathy offers us undeniable help in understanding and controlling silent inflammation.

The environment and our health

Our bodies are highly sensitive to the electromagnetic fields in our homes and cars. We know that cell phone waves can affect not only our brains, but also our blood, heart and central nervous system. Air quality in the city also has a direct impact on our health.





Mindfulness

Creative workshop

In this workshop, we explore our creative spirit, letting go of the need for performance and settling into a space of letting go. You don't need to be a good artist, we'll have fun using watercolor for different purposes, such as having fun, discovering, and even uncovering facets of our inner world.

We live as we breathe

This workshop is for those who want to become more aware of their breathing and voice. Using simple, effective and pictorial techniques, you'll learn to tap into the maximum energy our breath generates. The aim of the exercises is to transform the involuntary action of breathing into conscious, controlled breathing. You'll then be more focused and concentrated, and therefore more productive both at work and in everyday life. Many factors obstruct breathing: stress, emotions. Conscious breathing helps to manage both physical and emotional levels.

Mindfulness meditation

Are you familiar with the mindfulness method? This relaxation technique can bring you many benefits, including: maximizing your physical and mental well-being; responding better to daily stressors; improving your attention and concentration; living deeply in the present moment; developing greater acceptance and kindness towards yourself and others.

Living in the present, inhabiting your body full-time

We are becoming increasingly aware that we are responsible for our inner states. But how can we break out of our old, suffering conditioning and adopt new attitudes? Come and discover the keys to living in the present, and why it's vital to live in the here and now. Try out practical tips to stop stress and enjoy the present moment.

Meditate to find yourself

To meditate is to make yourself available to yourself, to improve your quality of life. To meditate is to calm the activity of the mind, to observe things as they are, without wanting to judge or change them; it's to learn to welcome each moment of life, because in any case, you can't change anything that's already there! Meditation is first and foremost a state, which requires learning. Everything is a learning process....

How do you get back into the present moment?

In this lecture, we offer an introduction to mindfulness, with simple tips for managing stress, thoughts and emotions. How to live more in the present moment? How to better manage stress and anxiety? The workshop includes breathing techniques and concrete tips on how to achieve this.