International Light Association

8th Annual Meeting & Conference
"The Incredible Beingness of Light"

St-Sauveur-des-Monts, Québec, Canada

October 2nd through 6th, 2011

The General Assembly 2011 will be held on Wednesday October 5th 4:30pm

The Conference venue will be:

Hôtel Mont-Gabriel
1699 Chemin du Mont-Gabriel
Ste-Adèle, QC
Canada J8B 1A5

GoogleMaps
Conference Location:

This year, the ILA Conference will be located in the natural setting of Canada's Laurentian forest, just in time to coincide with the peak of its glorious autumn hues of gold, orange and red.

The Laurentians stand less than an hour north of Montréal city, in the province of Québec. It is an area of great wilderness, immense forests riddled with thousands of lakes, and rolling hills bearing witness to its ancient geology.

The Conference will be held in a cosy country inn, secluded on its own hill, yet barely 10-minutes away from the trendy tourist destination of St-Sauveur-des-Monts village.

The main language in Québec is French - but beware! The unique old-French "québécois" accent can occasionally be confounding even for seasoned French-speakers. You can also get by with English nearly everywhere in the region.

The average temperature in this season varies between 2°C and 10°C. Bring warm clothing, as nights may possibly dip below freezing.
The Conference Venue:

Hôtel Mont-Gabriel is a rustic country inn nestled on a hill top between the villages of St-Sauveur-des-Monts and Sainte-Adèle. With 150 comfortable rooms, it is spacious enough to receive all of our conference's participants in a single intimate venue.

A block of rooms is reserved at special rate for ILA up to August 19th. After this date, on-site room availability cannot be guaranteed. Each participant must book their room directly with the hotel, either by phoning them (+1-450-227-7983), or by filling in and sending the registration form available here. The hotel will require a deposit of $50CAD to book your reservation, which is most easily paid with a credit card. If you do this through the registration form, we recommend that you send your credit card number by fax rather than email, for standard internet security reasons.

The ILA preferential rate is $144CAD per day in single occupancy, or $94 per person per day in double occupancy, plus 14% tax. At current exchange rate of $1.35CAD this works out to around 120 Euros single or 80 Euros double, per person per day. This rate includes the following:

- Accommodation
- Breakfast (American-style full buffet)
- Lunch
- Morning and Afternoon coffee-breaks
- Service
The hotel rooms are located in 3 main wings:

- The "Tyrol" wing is the newest, and offers the best views on the surrounding hills and forest (especially on the 2nd and 3rd floors).

- The "Rustique" wing is the original hotel building, dating back from the 1930's. It features charming log decor, and some rooms have their own fireplace.

- The "Marquise" wing has more standard rooms with garden view.

ILA participants have access to any room category in the hotel, subject to availability, so don’t forget to make a request for your preferred wing when booking. The earlier you book, the better chance you stand of having your request fulfilled.

Other Accommodation Options:
Participants can of course opt to stay at another hotel. There are numerous lodging options in St-Sauveur-des-Monts, although not necessarily less expensive than at our venue. Bear in mind that there is no public transport between St-Sauveur and our hotel: the 7km, 10-minutes ride costs $10 to $12CAD each way by taxi. Walking or cycling is possible but not convenient.

Hôtel Les Laurentides in St-Sauveur is offering a discounted rate for ILA participants starting at $90CAD/day plus 14% tax, per room (same price for 1 or 2 people), including a simple continental breakfast. Ask for Nicolas (+1-450-227-4628) when booking.

Accommodation in Montréal city:
For those wishing to spend a little more time during their trip and take the opportunity to visit Montréal before or after the Conference, our venue Hôtel Mont-Gabriel can offer
special rates with some of their partner hotels in the city: ask when contacting them for your booking.
Airport Transfer:

The nearest airport to the venue is Montréal’s Trudeau Airport (YUL).

Because there is no simple public transport, we have organized direct shuttles to carry you between the airport and the Conference venue. The cost of these two transfers (arriving and departing) is included in the Conference registration. Depending on the timing of your flights, each 75km transfer should take between 60 and 80 minutes.

The shuttles will be running on the following days only:

**Arrival:** October 1 and 2, from 10:00 to 24:00  
**Departure:** October 6 and 7, from 10:00 to 20:00

*It is essential that you let us know your flight* timing and number, at least one week before the Conference, otherwise we cannot guarantee that you will be included. You can do so by sending us an email at this address.

When you arrive at the airport, look for an ILA representative (identified by a poster) in the international arrival hall, near the public information booth. He/she will guide you to your shuttle.

We will make every effort to minimize your waiting time between shuttle departures. However, we ask for your understanding and patience during this process.

If you cannot or do not want to take advantage of this service, you can select the "Opt-out of Airport Transfer" option on the Conference registration web form, which will deduct 50 Euros from your total.

Other Transportation Options:

- You can **hire a taxi** to Hôtel Mont-Gabriel (1699 Chemin du Mont Gabriel, Sainte-Adèle). The ride should take 60-80 minutes and cost around $120CAD.

- You can **rent a car** at the Trudeau airport. Driving directions to Hôtel Mont-Gabriel can be found [here](#).

- **Public transport:**  
The L’Aerobus Shuttle runs between the Montreal–Trudeau Airport and downtown Montreal’s Central Bus Station on the half hour in both directions after 09:00 and before 21:00. Outside these times, it departs on the top of the hour in both directions. Tickets are available at arrivals level or at the Central Bus Station for $15.00 one way or $25.00 return for the 45-minute trip (call 514.842.2281 for more info).
There are usually 4 bus departures per day between Montreal's Central Bus Station and St-Sauveur, QC. Up to date itinerary information can be found here. Each way takes 1h10 to 1h45 and costs $21CAD.

Once in St-Sauveur, take a taxi to Hôtel Mont-Gabriel (10 minutes, $10 to $12CAD).
Cultural Events:

Evening Outing in St-Sauveur village:
Sunday Oct 2\textsuperscript{nd}, 17:15-21:00 (10 Euros)

The village of St-Sauveur-des-Monts is a short 10-minutes hop from our hotel. It’s a popular destination for ski in winter, and good food all year long. The cost of this outing simply covers shuttle transfers, leaving the hotel at 17:15 and returning around 21:00. The shuttle will drop us in the village center, and we will stroll along the main shopping street, stopping for dinner at any restaurant that strikes our fancy.
Scenic Drive to Mont-Tremblant:  
Monday Oct 3rd, 12:30-15:30 (20 Euros)

This 3-hours tour includes a bus drive further north to Mont-Tremblant village, with its famous ski resort and lake. The ride lasts about one hour each way along roads going through hills and forests, which will allow us to fully take in the feast of autumn colors. We will stop on the way for lunch in a nice location. The cost of the tour covers the bus ride and lunch (replaces your hotel lunch & excludes drinks; 20 Euros additional if you are not booked at our venue Hotel Mont-Gabriel).
Nature Walk at Lac Violon:
Tuesday Oct 4th, 13:00-15:00 (5 Euros)

Located on the property of the local Conference hosts in Ste-Adèle, this small jewel of a lake is a perfect example of the Laurentians area natural setting. A short 10-minutes bus ride will bring us to the hosts’ house (home of the Sensora Lab), which will serve as a base for a choice of nature walks lasting anywhere from 5 to 90 minutes. Some trails can be steep and muddy, so walking or sports shoes are recommended. A 40-minutes walk (return) takes you to a large beaver dam, on the other side of the lake. If we are lucky, we may even spot some of our resident beavers along the water's edge...
Native Indian "Sweat Lodge" Ceremony:
Tuesday Oct 4th, 18:30-22:00 (50 Euros)

This is a cleansing, healing ceremony to reconnect with mother Earth and heal our relations with ourselves, with others, family, community and all. Led by an American Indian in the traditional way, it will take place in a hand-built sauna tent in a natural setting. It's a place to pray, to open the heart, to sing sacred songs, to share, to gather courage, and strength. It is said that sweating is a way for the body to release the tears we couldn’t shed.

The cost includes a bus ride to the location (15 minutes) and a light dinner after the ceremony. Bring warm clothing for the evening, your bathing suit, shorts (for men), skirt or pareo (for women) and a towel to sit on during the sauna. While the ceremony is not physically strenuous, you should avoid it if you have acute health problems (heart, high blood pressure, flu...). Be ready to stay in the warm sauna for up to a couple of hours.
Conference Booking Web Page:

Conference Entry (Oct 3-6):

Base Fee 600 Euros
ILA Member -50
Early registration (before August 19th) -50
Student Fee (requires photo ID) 300
Opt-out of Airport Transfers -50
(you provide your own transportation to the Hotel)

Workshops (Oct 2):

Full Day:
Pauline Allen (title:...)

Base Fee 140
Early registration (before August 19th) -20
Student 70

Morning:
Dominique Bourdin (title...)

Base Fee 90
Early registration (before August 19th) -15
Student 45

OR:
...

Afternoon:
...

OR:
...
Optional Cultural Events:

Closing Banquet (with live cabaret show), Oct 5  45
Evening Outing in St-Sauveur, Oct 2  10
Scenic Drive to Mont-Tremblant, Oct 3  20
Nature Walk at Lac Violon, Oct 4  5
Native Sweat Lodge, Oct 4  50  (max 30 people)