

# PARTICIPANT RESOURCES

## FEBRUARY 2020

SUN MON TUE WED THU FRI SAT

### Mindfulness: Train Your Brain

Explore scientifically proven ways to increase your energy, happiness, resilience, and productivity as well as help you manage the stress that comes your way. Everyone welcome; no experience necessary.

Feb. 4<sup>th</sup> MB150 2-2:45pm Mindfulness: The cheapest and easiest way to manage stress  
 Feb. 13<sup>th</sup> MB150 12:10-1pm Mindfulness for more creativity and innovation  
 Feb. 18<sup>th</sup> MB159 2-2:45pm Busy? Skeptical? This mindfulness session is for you!  
 Feb. 27<sup>th</sup> MB150 12:10-1pm How are you, really? Mindful check in for yourself



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**Reel Time:  
Pain and Glory**  
7pm, \$12  
Lux Cinema  
Directed by Pedro Almodovar, this film follows Salvador, a filmmaker, who reflects on his life, work and legacy when confronted with his past.

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**Open Studio:  
Banff Artists in Residence**  
4pm, FREE  
JPL/Glyde Hall Studios  
Enjoy an afternoon of creativity, art and conversation. Explore studios and engage with artists around their work.

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**Open Concert:  
Banff Musicians in Residence**  
7:30pm, FREE  
Rolston Recital Hall  
Join participants in the Banff Musicians in Residence program for an evening of musical exploration.

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**Hot Spots Tour**  
1-3pm, FREE  
Participant Resources  
Join us for a short driving tour to stunning and popular viewpoints around town. We might even see wildlife!  
*Sign up in PR*

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**Open Concert:  
Concert in the 21<sup>st</sup> Century**  
7:30pm, FREE  
Rolston Recital Hall  
Join in on the excitement of faculty and participants exploring new ways to present classical and contemporary music.

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**Open Concert:  
Choral Art**  
7:30pm, FREE  
Rolston Recital Hall  
Check out this unique experience of choral music in the intimacy of Rolston Recital Hall.

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**Lake Louise Trip**  
10am-5pm, \$5  
Enjoy winter in the Rocky Mountains by visiting this iconic and beautiful lake. Wander through the Chateau, walk around the lake, and enjoy the scenery.  
*Sign up in PR*

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Participant Resources Closed for Family Day

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**Eco-Dying Workshop**  
11:30am-1:30pm, FREE  
Tunnel Mountain Lounge  
Join Lillian Rose for this hands on workshop creating beautiful one of a kind paper and fabric art with dyes derived from local flora.  
*Limited space  
Sign up in PR*

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**Participants' Bonfire**  
6:30-8:30pm, FREE  
Behind JPL at fire pit  
Come warm up by the fire! Roast hot dogs, veggie dogs and s'mores. Share stories and meet new friends.  
*Sign up in PR*

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**Inqueering Minds**  
7:30pm, FREE  
MacLab  
Connect with the queer community in Banff, explore issues, and find support. All LGBTQ2S+, questioning folx and allies welcome!

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**Feed Your Brain:  
Artist Book Showcase**  
6pm, FREE  
Paul D. Fleck Library and Archives  
Come experience and explore artist books in unexpected ways.

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Sally Borden Building Main Floor | 403.762.6269 | [Participant\\_Resources@banffcentre.ca](mailto:Participant_Resources@banffcentre.ca)  
To access our counselling services email [Counselling\\_Services@banffcentre.ca](mailto:Counselling_Services@banffcentre.ca)

Events are open to all Arts participants, including artists, practicum, and faculty. Banff Centre staff are welcome if space permits.  
To sign up for events, or if you have any questions or concerns, contact Participant Resources.

OPEN  
SUN 11 am – 7 pm  
MON 9 am – 7 pm  
TUE to FRI 9 am – 5 pm

Closed Saturdays  
Hours subject to change