

# PARTICIPANT RESOURCES

## JUNE 2019

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.

June 6<sup>th</sup> 12:10-1pm Max Bell 150 Avoiding Burnout  
 June 20<sup>th</sup> 12:10-1pm Max Bell 150 Mindful Goal Setting  
 June 25<sup>th</sup> 2-2:45pm Yurt Living Well with Stress



**1**  
**Sunrise Ceremony**  
 7-10am, FREE  
 Yurt Lawn  
 Celebrate Indigenous Peoples for the month of June with this inaugural event.

**2**  
**Open Studio: Mark Morris Dance Group**  
 2pm, FREE  
 Laszlo Funtek 224  
 Discover pieces to be performed at the Happy Days International Beckett Festival in Ireland.

**3**

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**6**  
**Open Reading : Banff International Literary Translation**  
 7:30pm, FREE  
 Bentley Studio  
 Join translators from BILTC reading from their translations in progress.

**7**  
**Opera Pub**  
 7:30pm, FREE  
 Banff Legion  
 Come hear some of Canada's next great opera singers from your favourite operas, all from the comfort of your bar stool.

**8**

**9**  
**Lake Louise Trip & Basket Making Workshop**  
 9-4pm, \$5  
 Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, and enjoy the scenery. (Workshop weather-dependent)  
*Sign up in PR*

**10**



**11**  
**Forest Bathing**  
 1-3pm, \$5  
 Participant Resources  
 Shinrin-Yoku, or Forest Bathing, is prescribed time in nature which reduces stress, and increases creative and overall wellness.  
*Sign up in PR*

**12**  
**Practicum Think Tank**  
 6-7:30pm, FREE  
 Tunnel Mtn. Lounge  
 Strategize with Participant Resources! Share your thoughts on programming, resources, supports and practicum specific needs.

**13**

**14**  
**Opening Reception: Guidelines**  
 6pm, FREE  
 Walter Phillips Gallery  
 Join us for the opening of the exhibition by Vancouver-based artist Carmen Papalia with Heather Kai Smith, around the conceptual framework called Open Access.

**15**

**16**  
**Guided Hike: Stanley Glacier**  
 9-4pm, \$10  
 This hike features fire & ice in equal measure. The lower trail is covered in new growth and wildflowers while the upper trail offers clear views of the glacier.  
*Sign up in PR*

**17**  
**Visual Arts Open Lecture: Jibz Cameron (Dynasty Handbag)**  
 4pm, FREE  
 JPL 204  
 Join Jibz Cameron (Dynasty Handbag), guest faculty for Behaviour Swarm, for this talk.

**18**  
**Participants' Bonfire**  
 6:30-8pm, FREE  
 Behind JPL at fire pit  
 Roast hot dogs, veggie dogs and s'mores. Share stories and meet new friends.  
*Sign up in PR.*



**20**  
**Double-wrap Moose Hide Beaded Bracelet**  
 12-1:30pm, FREE  
 Paul D. Fleck Library  
 Make your own Moose Hide bracelet. Led by Dene Chipewyan artist Suzan Marie.  
*Register at [banffentre.ca](http://banffentre.ca)*

**21**  
**National Indigenous Peoples Day Celebration**  
 FREE, various locations  
 Enjoy the many activities offered: drawing workshop, art exhibition opening, performance by Jay Gilday.  
*More info: [banffentre.ca](http://banffentre.ca)*

**22**  
**Banff Iiniskim Cross-Cultural Pow Wow**  
 11am, \$12  
 The Fenlands  
 Come out to this cross cultural gathering of Indigenous nations and the Bow Valley community, featuring drumming, singing, regalia and dancing.

**23**

**24**

**25**  
**Maori Dance Workshop: Mana Taketake**  
 6pm, FREE  
 Elder Tom Crane Bear Room, Max Bell  
 Be inspired and ignite your inner power through traditional and contemporary Maori dance forms.  
*Register at [banffentre.ca](http://banffentre.ca)*

**26**

**27**  
**No One's Safe**  
 6pm or 10pm, FREE  
 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup> June  
 Leighton Artist Studio  
 Immerse yourself in a murder mystery of operatic proportions.  
*Register at [banffentre.ca](http://banffentre.ca)*

**28**  
**Tyshawn Sorey Portrait**  
 7:30pm, FREE  
 Rolston Recital Hall  
 Discover the molten talent of Tyshawn Sorey, as composer, percussionist, conductor, pianist and musical thinker.

**29**

**30**

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, practicums, and faculty. Banff Centre staff is 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  
 TUES-FRI 9 am – 5 pm

Closed Saturdays  
 Hours subject to change