

PARTICIPANT RESOURCES

MAY 2019

SUN MON TUE WED THU FRI SAT

Mindfulness: Train Your Brain

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

May 9th 12:10-1pm MB 150 Breath, Attention and Attitude: Mindful Skills for the Workplace

May 14th 2-2:45pm PDC 102 From Good to Great: Self Awareness for Leadership

May 23rd 12:10-1pm MB 150 Cultivating Calm for Stressful Times

May 28th 2-2:45pm PDC 102 Gratitude at Work: Why it Works!

1

Drawn to Nature

5:30pm, FREE
Banff Public Library
Participants of all ages and skill level are invited to sketch and draw at this free beginner level drawing workshop.

Register at www.banffcentre.ca

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Monday Mixer

4-5pm, FREE
Artist Resource Room, Participant Resources
Whether you're new to Banff Centre or already settled in, drop by and get to know your fellow artists and Participant Resources team. Light refreshments provided.

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Open Reading: Writing Studio

7:30pm, FREE
Bentley Chamber Music Studio
Every Wednesday in May, come out to enjoy featured readings by participants and faculty from the Writing Studio.

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Community Rummage + Used Bike Sale
9:30am-1pm, FREE
Fenlands Recreation Centre
Find used gear, clothes, household goods, tools, and bikes at decent prices.

12

Lake Louise Trip
10am-5pm, \$5
Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, and enjoy the scenery.
Sign up in PR

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Bloom Where You're Planted
12-1pm, FREE
Meet in front of JPL
Enjoy a walk with Lillian Rose exploring indigenous plant communities on Banff Centre's campus and the site selected for the Indigenous Medicine Garden.

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Image credit: freshroots.ca

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Open Studio: Ghost Days

4pm, FREE
Glyde Hall/JPL Studios
View work created by artists based on their personal relationship with the concept of spirit. Explore studios and engage with artists.

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Rights Based Framework to Truth and Reconciliation: Ry Moran

7pm, FREE
Cave and Basin
Register at: www.banffcentre.ca

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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

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Participants' Bonfire

6-8pm, FREE
Behind JPL at fire pit
Roast hog dogs, veggie dogs, and s'mores. Share stories and meet new friends!
Sign up in PR

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Hot Spots Tour

2-4pm, FREE
Participant Resources
Join us for a short driving tour to the most popular and stunning viewpoints around town. We might even see some wildlife!
Sign up in PR

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Ghost Opera

7:30pm, FREE for artists, practicum
Eric Harvie Theatre
Come out for this fantastical and dramatic reimagining of an ancient Greek tale brought to you by Old Trout Puppet Workshop and Calgary Opera.

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Feed Your Brain: Growing Edible Plants in Containers
6-8pm, FREE
Learn about plant growth basics, potting mixes, types of containers and watering techniques. Limited space, register: www.banffcentre.ca



Image credit: harvesttotable.com

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Escape Room Practicum Trip

8pm, FREE
Eureka Banff, 229 Bear St.
Come solve your way out of this fully immersive and interactive puzzle room! Limited spaces available.
Sign up in PR

Sally Borden Building Main Floor | 403.762.6269 | Participant_Resources@banffcentre.ca
To access our counselling services email Counselling_Services@banffcentre.ca

Events are open to all Arts participants, including artists, practicums, 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 11am – 7pm
MON 9am – 7pm
TUES-FRI 9am – 5pm

Closed Saturdays
Hours subject to change