

PARTICIPANT RESOURCES

FEBRUARY 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 welcome, no experience necessary!

Feb 5th 2-2:45pm PDC102 Feb 14th 12:10-1pm MB150

Feb 19th 2-2:45pm PDC102 Feb 28th 12:10-1pm MB150



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Pine Needle Basket Weaving

JPL204, FREE
12-1pm
Learn how to create beautiful baskets from Ponderosa pine needles. Hosted by Lillian Rose, Indigenous Cultural Advisor. *Limited space. Register in PR.*

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Reel Time: If Beale Street Could Talk

7pm, \$12
Lux Cinema
Barry Jenkins' adaptation of James Baldwin's novel about a woman fighting to free her wrongfully imprisoned husband before the birth of their child.

Open Studios: Digital Promises and BAiR

4pm, FREE
Glyde Hall/JPL
Enjoy an afternoon of creativity, art and conversation. Explore studios and engage with artists around their work.

Body Weather Workshop Presentation

7pm, FREE
Laszlo Funtek 224
Join 10 First Nations creators as they present the work developed in workshop through dialogue, exchange and physical practice.

10 11 12 13 14 15 16

Open Concert: Concert in the 21st Century

7:30pm, FREE
Rolston Recital Hall
Explore new ways to present classical and contemporary music with Pedja Muzijevic and Concert in the 21st C participants.

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*

Open Concert: Choral Art

8pm, FREE
Rolston Recital Hall
Come out to hear new works and canonical pieces composed, conducted and performed by participants from the Choral Art program.

Banff Gallery Hop

2pm, FREE
Walter Phillips Gallery
Join the Hop at WPG for a tour of the current exhibition *Carry Forward* curated by Lisa Myers.

17 18 19 20 21 22 23

Indoor Climbing

4-6pm, FREE
Climbing Gym, SBB
Climbing the walls in your studio or office? Come practice your skills or learn new ones in the climbing gym. Equipment provided. *Sign up in PR.*



Geology Walk and Talk

3-4pm, FREE
Paul D. Fleck Library
Do you know why the trees grow in certain places on the mountains? How our mountains were formed? Geologist Jim Olver has the answers! *Sign up in PR.*

24 25 26 27 28

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.*

Feed Your Brain-Vinyl Sticker Making

6-8pm, FREE
Paul D. Fleck Library
Join printmaking practicum Sylvan Hamburger for colourful vinyl sticker making.

Participants' Bonfire

6-8pm, 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.*



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, 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.

SUN 11 am – 7 pm
MON 9 am – 7 pm
TUES-FRI 9 am – 5 pm

Closed Saturdays
Hours subject to change