



ACTING AT THE ABBEY

Train where the sky meets the story.

august 13-17 - retreat
november 8-9 - industry showcase

lake diefenbaker, saskatchewan

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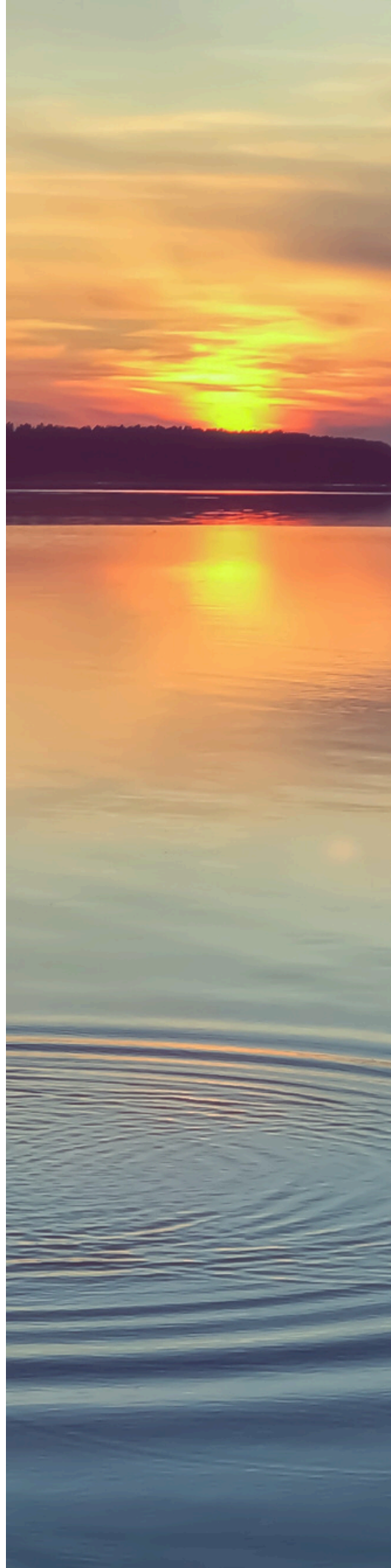
Acting at the Abbey is a five-day retreat designed for actors/artists living and working in Saskatchewan and the Prairies.

Set on the edge of Lake Diefenbaker inside a restored historic church, this immersive experience brings together professional training, career strategy, and creative community—all in one of the most inspiring, peaceful locations on the Prairies.

Led by internationally recognized acting coach **Matthew Harrison** of The Actor's Foundry, the retreat helps actors/artists refine their techniques, develop their professional brand, and gain clarity about their careers. It's a place to dig deep into the work, build meaningful industry relationships, and step confidently into the next chapter of your career.

*"I have worked privately with **Matthew** on several projects and he is truly a master of the text. He knows how to break down every speech and scene and make it work best for you."*

Colbie Smulders: How I Met Your Mother, Avengers





FORMAT

Five days. Full immersion.

The retreat is structured around the core belief that talent grows when it's challenged, nurtured, and given space to breathe. Each day includes intensive acting workshops focused on emotional authenticity, character creation, and actor's technique. These sessions are paired with career-building classes that explore branding, marketing, self-promotion, and strategic career planning.

Evenings are set aside for community building, one-on-one mentorship, and camp-style activities like hiking, golf, or sailing.

This balance of work and play creates a unique rhythm: one that encourages both personal growth and professional ambition.

A vertical photograph on the left side of the page shows a person's arm and hand holding a script. The script has some handwritten notes and a table with columns. The background is blurred, showing what appears to be a window or a bright indoor space.

PURPOSE

Training Prairie talent.

This isn't just a getaway—it's a launchpad. The Prairies have a rich pool of talent, but actors here often lack the same access to high-caliber training, casting networks, and industry support systems found in larger centres. Acting at the Abbey is designed to change that.

By investing in our performers at home, we keep talent rooted here—and make the province more attractive to major productions looking for skilled, local actors.

The long-term vision is to create a pipeline between prairie actors and the national screen industry, increasing both visibility and viability for those pursuing careers in film and television.

“Style is committed to advancing the performers in our province, who would benefit from, and have been asking for, a means to hone their skills in order to compete for roles that come up in our industry.”

Brenda McCormick, Casting Director

RESULTS

Better work. Bigger roles.

Participants leave the retreat not only with sharper skills, but with a renewed sense of purpose and professional direction. Many will emerge with updated materials, a stronger process, renewed appreciation for the screen industry, and a concrete plan for their next steps.

But the impact doesn't stop there. Acting at the Abbey is built to have a ripple effect: by building a visible, connected cohort of actors, we amplify local voices, boost casting capacity, and lay the groundwork for a more vibrant, self-sustaining screen industry.

Style has graced Saskatchewan with his natural refined abilities and shares with others his profound knowledge in the hopes to re-grow our talent base here. After having witnessed the work he has done with several actors that have taken part in his acting classes, I am confident that those who choose to study under him will not only be guided in the right direction, but will become sought out actors themselves.

Dawn Bird, Film/TV Producer & Actor





DETAILS

How it works.

Acting at the Abbey is designed to shift the way actors approach their work and themselves. Over five immersive days, participants won't just sharpen their skills; they'll deepen their craft. With hands-on coaching from Matthew Harrison and a supportive, high-level ensemble, actors will dive into their process with fresh eyes and fearless commitment.

By the end of the retreat, each actor will have a fully rehearsed and recorded scene that showcases their growth — broadcast live for friends, family, and industry. They'll leave with clearer tools for script analysis, emotional connection, and rehearsal technique. They'll gain honest, practical insight into what it means to prepare, perform, and repeat that process sustainably.

At its heart, Acting at the Abbey is about transformation — building not only better actors, but stronger collaborators, braver performers, and more grounded humans.

*Because of **Matthew's** work, our lead actor's performance was powerful and nuanced, with dialogue full of dynamics, and with a deep emotional undertone. He instilled an amazing learning curve in the actor. We were grateful to have Matthew on set. I am a big fan...and I look forward to working with him again!*

Cameron Crowe, Director



DETAILS

How it works.

day 1

Depart Regina at 10:00 AM. Arrival in Elbow by noon. Afternoon welcome, group orientation, ensemble connection, and first round of foundational acting exercises. Evening bonfire to kick off the retreat.

day 2-3

Full training days (9:30–5:30) featuring physical and vocal warm-ups, scene study technique, rehearsal pods, and on-camera coaching. Evenings include community activities: hiking, lake time, golf, or group hangs.

day 4

Final day of in-depth scene work leading to an evening scene presentation broadcast live to invited family, friends, and Bar S Studio supporters. A chance to celebrate the week's progress and showcase growth.

day 5

Morning group reflection, goal-setting, and personal career mapping. Artists leave with a clear, actionable plan. Depart Elbow at 1:00 PM, arrive back in Regina by mid afternoon.

FEE'S

Funding future stars.

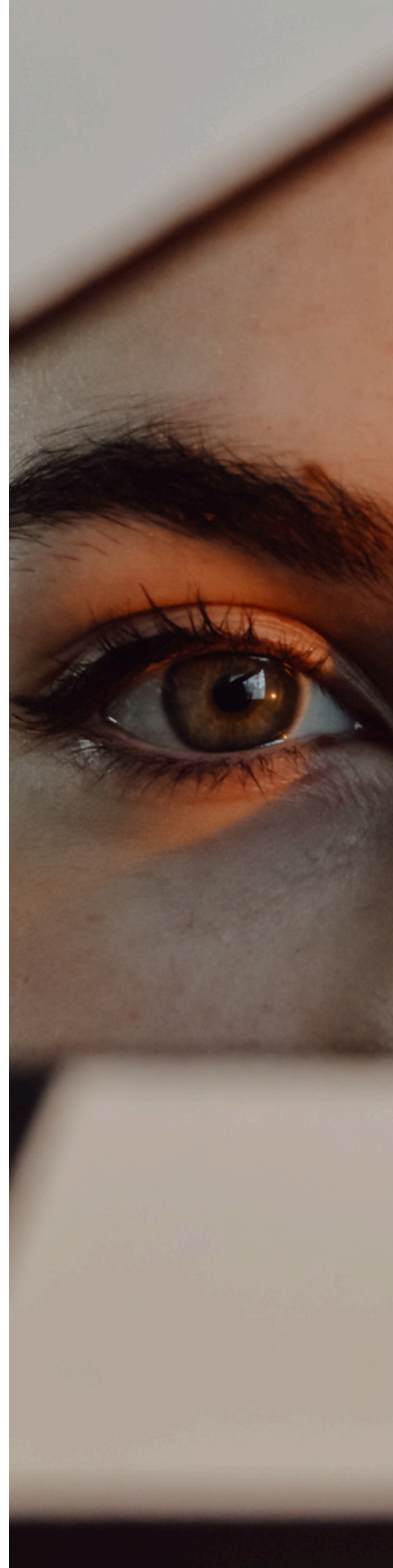
The total investment for Acting at the Abbey is \$1,650 CAD — and what you're paying for is more than just a workshop. You're saying yes to five days of dedicated growth, community, and clarity in a space built to challenge, support, and inspire you.

This fee includes everything: transportation from Regina or Saskatoon, meals prepared with care, accommodation in a beautiful lakeside resort town, (hotel or camping), and all coaching, sessions, and evening activities. But more than that it includes time. Time to breathe. Time to build. Time to remember why you started acting in the first place, and what's next.

This is not a drop-in class. It's not a weekend sampler. It's a real investment in your long-term development as a professional. The work you do here will echo into auditions, rehearsals, sets, and every stage of your career.

We know that cost can be a barrier, which is why payment plans are encouraged and available. If you're ready to show up fully — we'll meet you there, and we'll make it work.

Your talent already lives inside you. This is your invitation to unlock it.



SHOWCASE

You've earned the spotlight

This November, Bar S Studio will host its inaugural Industry Showcase — a high-impact evening designed to connect Saskatchewan's most exciting talent with decision-makers from across the screen industry. From casting directors and agents to producers and filmmakers, this is a room where things happen.

And it's not a recital — it's a launchpad.

The showcase will feature selected scenes developed in our fall training cohort, alongside standout work from participants of **Acting at the Abbey**. These performers have spent months sharpening their craft, building confidence, and refining their presence, and now they'll take the stage with purpose, precision, and power.

This isn't just about being seen. It's about being remembered. Being cast. Being signed.

With strategic invites and national outreach, the Industry Showcase is a bold step forward for Saskatchewan's screen industry, one that proves talent is here, it's ready, and it's worthy of serious attention.

Details and audition info coming soon. Get ready to take the spotlight.





TEAM

Built by artists.

Matthew Harrison, the retreat's lead instructor, is one of Canada's most respected acting coaches. He has worked with actors across the globe and brings a no-nonsense, emotionally intuitive approach that empowers performers to move past fear and into truth. His clients regularly appear in major projects across Netflix, Amazon, HBO, and CBC.

actorsfoundry.com



The retreat was created by **Style Dayne**, an award-winning actor and producer whose credits include *Deadpool*, *Schmigadoon!*, and *Batwoman*. With a background in political strategy and rural development, he brings a unique mix of creative vision and community impact to everything he builds.

Together, they've designed Acting at the Abbey to be more than a training intensive—it's a movement to grow Saskatchewan's capacity as a destination for screen talent and storytelling.

styledayne.ca



CONTACT

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