



2020 ALBERTA PROVINCIAL VICTIM SERVICE CONFERENCE
April 2-5, 2020 Banff Centre, Banff AB

WELLNESS SCHEDULE

Note: all Wellness Sessions are on a first-come basis (Blanket Exercise based on lottery draw)

FRIDAY, April 3, 2020

7:30 am - 8:00 am

Campus Walk and Talk with Jim Olver, take a stroll with the Banff Centre's own Jim O. Jim will take you for an outside walk-about around campus sharing stories and interesting facts on Banff National Park, her people and wildlife. Wear comfortable footwear and weather appropriate outerwear. Meet in the Professional Development Centre Front Desk Lobby.

7:30 am - 8:15 am

Slow Flow Yoga with Trish Tutton, suitable for all levels, students will be guided through a slow sequence of standing, balancing and seated yoga postures that flow in succession from one to the next. Emphasis will be placed on learning to coordinate movement with breath, making this practice a meditation motion. At the end of the session participants will be guided through a simple technique to infuse mindfulness into their day. This will help them enter the day's sessions with focus, energy and clarity. *Participants will also be gifted with a free download - "One minute to calm at work" to help them integrate mindfulness during their workday.*

Yoga mat provided or bring your own. Complimentary access to Sally Borden change room - show name badge to Fitness Desk Attendant to obtain access. No previous experience is required.

11:00 am - 12:30 pm

Dream Catcher Craft with Deb Fisher. No previous experience is required.

3:30 pm - 5:00 pm

"In Dog We Trust" with Richard Casavant - "Did you know...94% of dog owners consider their dog 'a member of the family'. And why not? Dogs are the most honest people I know! Enjoy a light and humorous conversation with Richard as he takes us on a journey of modeling our behaviours and insights from a dog's point of view.

3:30 pm - 5:00 pm ** SPECIAL EVENT KAIROS Blanket Exercise with Debra Fisher**

The KAIROS Blanket Exercise program is a unique, participatory history lesson – developed in collaboration with Indigenous Elders, knowledge keepers and educators – that fosters truth, understanding, respect and reconciliation amongst Indigenous and non-indigenous peoples.

***Space limited to 30 participants - There will be a lottery draw for spots during the conference. This event will be repeated on Saturday.*

SATURDAY, April 4, 2020

7:30 am - 8:00 am

Campus Walk and Talk with Jim Olver, take a stroll with the Banff Centre's own Jim O. Jim will take you for an outside walk-about around campus sharing stories and interesting facts on Banff National Park, her people and wildlife. Wear comfortable footwear and weather appropriate outerwear. Meet in the Professional Development Centre Front Desk Lobby.

7:30 am - 8:15 am

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Yoga mat provided or bring your own. Complimentary access to Sally Borden change room - show name badge to Fitness Desk Attendant to obtain access. No previous experience is required.

*11:00 am - 12:30 pm

*This is considered 1 Workshop Session and we ask that attendees plan on attending both portions

Schedule for this session as follows: 11:00 - 11:40 am Self Massage / 11:40 - 11:50 am stretch break / 11:50 - 12:30 pm iRest Meditation

***Learn Self Massage for Sore Muscles with Jake Watson, BSc, CSEP-CEP, P.Kin**, life would be wonderful if we all had a person massage therapist to rub out soreness, stress and tension that we feel on a daily basis. Unfortunately not realistic for many of us. Foam rollers are fine, but for a great myofascia release (read: digging deep into those tight, sore muscles), learn self-massage using a ball. Take home information and ball provided to attendees. No previous experience is required.

***iRest Guided Meditation with Julie Seibt, Certified iRest Teacher**, Ready.Set.Rest. iRest is a simple form of meditation to help you meet challenging situations compassionately without depleting yourself. This trauma-sensitive evidence-based practice is like a map to orient you to purpose, well-being, joy and vitality. It is easy to learn, easy to do, and can be done by anyone. Use iRest to relax when life gets busy or to help you heal. Research shows iRest effective in reducing symptoms of serious trauma, stress, insomnia, depression, PTSD, chronic pain and chemical dependency. All attendees will receive a free 35-minute audio recording of an iRest meditation created especially for Victim Services. Use this recording at home and as often as you wish. No previous experience is required.

3:30 pm - 5:00 pm

A Musical Interlude and Conversation. Be transported and leave your worries behind in a mini concert, with beautiful music performed by *Ensemble Cascade*, a classical violin and cello duet that provide unique and personalized live music. Nigel and Ronelle have performed throughout Europe, the United States, Canada, Cuba, Brazil, New Zealand and Asia and are delighted to call Banff home. Sit back and enjoy!

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12/16/2019