

## Take a Break at Sally Borden Fitness & Recreation



This year's films will keep you at the edge of your seat. But when you can't sit any longer, drop by the Sally Borden Building (SBB) to take advantage of our recreational facilities.

Present a ticket from any festival event and enjoy the use of the facility for a special drop-in fee of \$5.50 for the entire day! Offer valid October 31 – November 9.



### Massage Special

Receive 10% off a massage by bringing in a ticket stub.

Stop by the Sally Borden Fitness and Recreation desk or call 403.762.6450 (or extension 6450 from any house phone) to make a booking.

Sally Borden's other facilities include a 25-metre swimming pool, a whirlpool, a wading pool, steam rooms, a squash court, a gymnasium, and a 2500-square-foot fitness centre.

Photos, left to right:  
The Banff Centre. Paige Wyatt.

### Climbing Wall

Your drop-in fee includes use of the wall. Free belay tests are offered from 3 – 5:30 p.m. during the Festivals. Rental costs are extra. This offer is on a first-come basis. Hours during the Festivals are:

**Weekdays: 3 – 10 p.m.**  
**Weekends: 2 – 10 p.m.**

After you sign a waiver, go through an orientation, and pass a belay test during any of the above hours, you are welcome to come and boulder or top rope climb during our VIP Climbing times:

**Monday to Friday: 12 – 3 p.m.**

**Saturday, November 7**  
**12:30 – 1:30 p.m.**

### AcroYoga: Find Freedom in Flight with Paige Wyatt

Using the ancient forms of Yoga, Partner Yoga, Acrobatics, and Thai Massage we will fly, stretch, and relax - AcroYoga style. This class is not your ordinary Yoga class! No partner or previous experience necessary.

**Sunday, November 8**  
**8 – 9 a.m. • Free**

### Trail Run with Dean Karnazes

This is your chance to take to the trails with "the fittest man on earth"! Join Dean Karnazes for a 35-45 minute run on a local trail.

**Sunday, November 8**  
**12:30 – 1:30 p.m.**

### Slackline Yoga: Unlock Your Balance Potential with Paige Wyatt

In this clinic you learn the basics of standing up and balancing on the line, sitting, laying, and arm balancing. Some may even progress to basic yoga poses, especially if you have previous slackline experience. If you've tried slackline before and thought it impossible, come and try a new way of learning to walk the line! Dress warmly – we may play outside!

*Paige Wyatt lives and breathes in Santa Cruz, CA. She spends a lot of time upside down, or wondering when the next time is that she'll be upside down. AcroYoga and Slackline Yoga keep her laughing and constantly creating, connecting, and playing. Aerial Dance keeps her 20 feet off the ground several hours a day.*

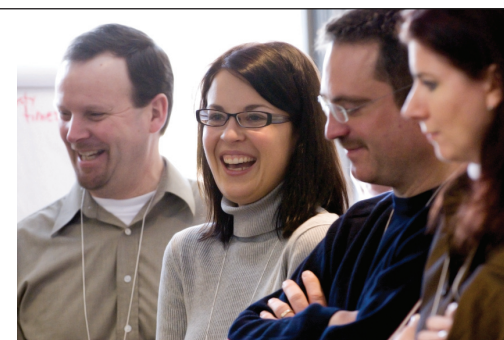
**Saturday, November 7 and**  
**Sunday, November 8**  
**6 – 7 p.m.**

### Yoga for Climbers with Paige Wyatt

Tight shoulders? Tight hips? Maybe it's your hamstrings? Whatever your troublesome area is, we'll work through the entire body – head to toe – to open up those stubborn areas and help the energy flow more freely. Yoga is said to be one of the best cross-training activities for any sport. Especially if you were practicing the art of sitting and watching movies all day, this class is for you!

For more information on Paige Wyatt, visit [www.paigewyatt.com](http://www.paigewyatt.com)

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