# DID YOU KNOW?

Clear Sky is ideally placed for small businesses and groups to meet, learn and refresh.

We offer a peaceful, secluded space on 300 acres with amenities nearby in Cranbrook, Fernie, and Kimberley,

just 45 minutes away from the Canadian Rockies International Airport and one hour from the US border.

We can sleep up to 15 in our main facility with views that remind you of the splendor of your surroundings.

Optional wireless internet provides the choice to enjoy the benefits of online access or unplug and reconnect with nature and each other.

Our meeting space seats 20 people theatre style or classroom style.

A screen and/or projector can be provided.

Our location offers other seasonal benefits:

- Ten golf courses within one-hour's drive
- Horse riding experiences
- Fernie and Kimberley alpine resorts
- Rafting on several rivers
- Hiking and Biking

Tourist attractions such as Fort Steele Heritage Town and the Trout Hatchery are close by

"The venue could not have been better in my opinion. I felt so welcomed by the staff. Knowing the Clear Sky Centre is actively involved with environmental education was fitting for our symposium. I personally really loved the open simplicity and feeling of the place. Having so much light and the outdoors so present was wonderful."

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Clear Sky

Janet Cook









Clear Sky Center East Kootenay's BC 250-429-3929 www.clearskycenter.org

#### Local/Organically sourced and mindfully prepared meals include:

Buffet breakfast at table with fruit \$19.95) (fruit, toast, cereal, yoghurt, French toast, maple syrup, tea, coffee, juice, muffins)

Regular lunch \$19.95 (soup, salad, sandwich, small cookie, tea, coffee)

Special lunch \$24.95 (hot lunch, salad, tea, coffee, treat)

Dinner \$29.95 (choice of chicken/beef, soup, salad, dessert)

Full day meals \$69.95 per person

Snacks \$7.50 per/person (fruit, coffee, tea, juice, cookies, muffins)

All rates are excluding tax and 15% gratuity

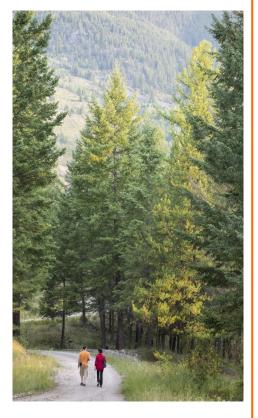
Non-Profit rates are available

## Room Rates

\$69 overnight incl. continental breakfast (based on 1 person) \$99 overnight incl. continental breakfast (based on 2 persons)

Meeting Space	Non-Profit	Individual Facilitators	<u>Corporate</u>
Daily Rates	\$450	\$500	\$750
Evening Rates	\$250	\$275	\$350
Overnight Rates	\$650	\$750	\$1000

Several Programs can be combined with your "Business Meeting Getaway" at Clear Sky. Please contact us for more information.



#### Gettin' Mindful!

Mindfulness is a tool that can improve your quality of (work) life, productivity and well being. Here at Clear Sky, our trained instructors can show you how to bring mindfulness into your daily activities and interactions. Through emphasizing how to apply intention and attention, we can all learn to reduce tension and increase the joy factor in everything that we do.

#### **Nature Trail Walk**

Clear Sky lies at the foot of majestic Bull Mountain and the 310 acre property offers easy walking nature trails where you can unplug and rejuvenate with your team. Learn about the unique grasslands ecosystem, and precious wildlife corridor that connects Yellowstone to Yukon, as you enjoy the great outdoors.

## Food Forest Tour

Clear Sky planted the first one acre cold climate food forest project in Canada in 2013. Come and discover this innovative approach to sustainable agriculture with our demonstration model tour. Delicious, nutritious and unusual fruits, nuts, herbs, medicinals, plants and insects will lead you down a path of discovery you can enjoy and share with your team and family.

## Team building processes for greater work-life experience

Learn some holistic approaches and mindfulness tools that you can apply again and again when working with diverse team members and challenges. Learn how to engage all members and come to a collective statement for what the best workplace scenario would be. These simple techniques can lead to longer lasting results, greater collaboration and success for individuals and organizations.

# Getting Results Together ... And Enjoying It Through Green Building

Explore the relationship between mindfulness and sustainability trough the case study of our green building project. Learn effective tools for improved teamwork, including managing people's different perspectives, planning, implementation and troubleshooting the inevitable challenges that arise. This session will review some simple mindfulness principles and techniques that will help things flow more smoothly.

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