

# 39th Annual Bryce Canyon Winter Festival

February 17th, 18th & 19th 2024



## • Ruby's Inn Activities •

The Winter tradition continues with fun and adventure for the whole family.  
Enjoy Family Activities, Crafting, Seminars, dancing and much more!

\*Registration is required for some of the activities on this page.

Due to large groups of young Children, all crafts and cookies will be moved over to Ebenezer's.

### Festival Registration

Registration will be online.

If you have any questions come to the office window down the hallway across from the restrooms in the Main Resort!

### "Home Décor Craft "

12x18 in Wood sign, choose your own vinyl lettering, limited sayings. Stain or paint it yourself, Decorate with bows, greenery and or flowers. Venmo or pay at Class

### Archery Clinics\*

Eric Quilter and Mark Johnson (Moqui) will instruct the finer points of archery in preparation for the Ski/Run Archery Biathlon on Sunday Morning.

**Must attend Archery Clinic to participate in biathlon.**

### Archery Classes\*

Learn the Basic's of Archery. Mark Johnson (Moqui) will go through the parts of the bow and how to shoot it safely. From beginners to advance.

### Race Registration\*

Registration will be online till 8pm the night before each race.

Entry fee is \$10 for each race and includes a long sleeve festival t-shirt.

Pay entry fee online.

**Any questions go to the Adventure Center Desk in the Main Lobby!**

### Watercolor Classes

Brian Thayne will teach the basics of watercolor painting. Brian will do a watercolor demo on Saturday at 6:00 PM in Ruby's Inn lobby. Stop by and watch the master at work. He will also have artwork displayed in the lobby. Brian will offer watercolor classes: one for adults and two for children.

### CSI DINOSAURS

A hands-on dinosaur class with skulls and bones for the kids to discover the life of dinosaurs. Based on evidence the kids will figure out how the Diabolo Ceratopsian died, which was found recently in the Grand Staircase-Escalante National Monument? Kids will paint your very own replica of a T-Rex tooth and deinonychus claw.

See "Schedule of Events" for all classes and times.

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## Nutrition Class

Cut through the marketing and learn the truth about nutrients and how your body uses them. Learn sustainable habits to help you perform better, lose weight, & stay on the diet roller coaster.

Brita has a Masters degree in Nutrition and worked for more than 5 years with school nutrition programs.

## Run Better & Injury Free

A Focus on avoiding running injuries, while discussing efficient form and how to get faster. Dispel common running myths.

A must have for newer and experienced runners. Golden Harper holds a world-best for a 12-year old in the marathon at 2:45:34. He has a degree in Exercise Science and did his collegiate studies on running technique & running injuries. He grew up working & managing his family owned running store, & was an All-American Cross-Country runner.

## Dinosaur Discoveries from the Grand Staircase

Scott takes you on a journey with him as he shows you several of the many dinosaur sites he has found over the last 20 years in the Grand Staircase Escalante National Monument. Included are Kosmoceras richardsoni which is named after him, and Lythronax argestes, the oldest tyrannosaurid from North America.

## Introduction to Skate Skiing and Classical Ski Clinics

**Weather Permitting:** This class is meant for skiers that would like to learn about skiing. We will go over the different ski and boot types and teach the basic skiing techniques.

## Cross Country Ski Races (\$10)\*

Award Ceremony Monday at 12:30.

## High Fitness

Is a fun fitness class that incorporates interval training with pop music, and easy-to-follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between cardio peaks and toning tracks.

## Winter Adventure Center Hours

Opens daily at 9:00am, closing hours change in the evenings due to other activities.

Friday - 8:00am - 8:00pm,

Ice ribbon- 8:00am - 8:00pm

Saturday- 8:00am - 6:00,

Ice ribbon- 8:00am - 6:00pm

Sunday- 8:00am - 6:00pm,

Ice ribbon- 8:00am - 6:00pm

Monday- 8:00am - 8:00pm,

Ice ribbon- 8:00am - 8:00pm

Rentals are limited, on a first come first serve basis and weather permitting. Please make sure you have the appropriate equipment rented BEFORE your ski classes start. Last minute rentals are not a guarantee. Please plan accordingly.

## Reiki "Shadowed Sol": Master Practitioner

Reiki moves one's energy throughout the body to help improve and promote healing and balance to our body, mind and soul. Reiki Practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Please feel free to contact me to schedule a session and any questions or concerns.

Kirstie Moore 435-632-8006



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## Free Family Dance - Festival Sounds

Fun for the whole family. Festival Sounds has been DJ'ing weddings and dances for over 20 years all over Utah. They know all the right music and all the right moves on the mic to keep your event going. Their specialties are weddings, parties, schools and live sound! The DJ's knows all the music very well so the guests have a great time.

## Snowshoe Guided Walk with the Dixie National Forest Service

Try out snowshoeing!

Get exercise and connect with nature on a 2.5 mile walk through Dixie National Forest to Bryce Canyon hoodoo rim (moderate, 1-2 hours). Learn about the Forest Service, local ecology and geology. Please wear boots and layers, and stay hydrated!

## Play with Clay

Get your hands dirty playing in the mud! Create your own masterpiece by using basic hand molding techniques. Fun for all ages!

## Family Movie Night - "Wish"

Bring your pillows, blankets and wear your PJ's! We will be serving popcorn and drinks to all who attend!

## Presentation - Let's Get Wild

Interactive presentation on Wildlife of Utah. Will discuss the natural history of predators and their prey and how animals communicate. Learn interesting facts such as: Why don't deer feet freeze when it gets -40 degrees. Presented by Darrell McMahon.

## Making Leather Journals

Handcrafted leather books can be used to record your sketches, journal entries, recipes, etc. You can watch a demonstration for FREE or purchase pre-made kits for \$35.00 each, and assemble your own journal while we demonstrate how to make them.

## Teenagers and Pre-Teen: "How your parents Messed you up (And why that's probably okay)."

Come laugh and have a fun time learning why your parents undoubtedly messed you up. Let Michael Eldredge, a Life Coach of over 10 years, break down exactly what they did, and how they did it, and what you'll need to know to do something about it.

**Treats will be served.**

# Win 2 Nights at Ruby's Inn



## Photo Contest

Snap and share your scenic photos of Bryce Canyon and favorite Winter Festival activities and share your photo with us on Instagram, facebook or twitter!

Use the hashtag:

**#BryceWinterFest**

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## Foot Health: How to Fix and Prevent Foot Pain

We'll discuss long term solutions (not Band-Aids) to common foot problems, such as Plantar Fasciosis, Bunions, Neuromas, Neuropathy, Metatarsalgia, & more. The science of chronic foot pain and the actual root cause of most foot problems will be discussed. We'll also look at how most footwear & insoles may help initially, but lead to more long term problems. Finally, we'll look at the practices, exercises, footwear, and more that can lead to long term foot freedom & strength

## Cookie Decorating

Use your creativity to decorate a cookie! This class is for all ages, but children under 10 should be accompanied by an adult.

## Crafts for Kids

Bring the kids and enjoy a variety of projects that are easy and fun to create. Small children should have a helper come along.

## Introduction to Astronomy

Astronomy without the heavy lifting. You will learn stargazing tips from the naked eye to small telescopes and everything in-between. These tips will be useful here at Bryce and at home also.

## Guest Speaker : Geologist Paul Anderson

### "Bryce Canyon: Top Step!"

Paul Anderson is a professional Geologist and spent his 40-year career working in Utah, including teaching field geology in Central Utah. He is a co-editor of the book "Geology of Utah's Parks and Monument's," first published in 2000. He is also a long-time winter visitor to the area. Paul also lead's Road Scholar tours through the Colorado Plateau.



Join Paul Anderson for a romp back in time, geologic time. He'll place Bryce's present landscape into the context of neighbor Grand Staircase-Escalante National Monument. Earthquakes, floods, extinctions, sea-level rise with destruction of vast landscapes, sea-level to fall again with new landscapes and creatures that live there. Add a topping of Bryce Canyon's beautiful escarpment and it's geologic wonders. Come curious!



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## Smartphone Photography - Creative Apps

We will explore creative ways to edit your smartphone photos. I will introduce the attendees to a group of apps that add interesting and creative effects to their photos. These apps allow the user to be fully in control of their camera, making it the perfect camera to always have with you.

## "Photography Workshop - Smartphone"

Come join our Smart phone class! Hints, tips, and ideas on taking better pictures with your smart phone. Understand the strengths and weaknesses of camera phones and how to emphasize the good. This will be an open discussion where you can feel free to share your ideas and success stories!

## "Photography Landscape"

An introduction to tips and techniques to significantly improve your Landscape Photography, professional photographer Lloyd Eldredge.

## Kayaking Demos\*

Want to learn how to kayak? Now is your chance! Half-hour kayaking demos will be held in the pool Saturday and Sunday mornings.  
\$5 Fee. NO SHOW to activity will forfeit fee.  
[Pay your sign up fee Online.](#)

## String Art

A fun relaxing activity the whole family can enjoy. Make a picture out of string by following a number pattern. There are many different patterns to choose from: flowers, snowflakes, hearts, sports and more. After getting instructions and supplies complete the project at your own pace.

## Simple Line Dancing Instruction

If you can walk, Colleen can teach you to dance! Come learn simple, fun Western line dances, American Round and Square Dances. Even if you have never danced before, you can do this!!!! Colleen West is a "retired"(but not old) full-time professor from the Dance Department at BYU. (She will also come to your stake trek and teach pioneer and western dance)

## Yoga - "Relax & Release"

Bill Held teaches "Relax and Release"  
This yoga class promotes relaxation throughout your entire body - from calming your mind to releasing tension in your extremities all through the use of your breath.

## Yoga - "Chair, Strength and Stretch"

Mary Ann Wright- Certified Yoga instructor will teach three different types of yoga each day.  
**Saturday** - "Chair yoga" a gentle form of yoga done while seated or using a chair for balance.  
**Sunday** - "Strength yoga" gentle stretches on a yoga mat for flexibility.  
**Monday** - "Stretch yoga" using yoga poses to develop strength in the body.

## Yoga - "Balance and Core & Slow Flow"

Robin has been instructing yoga for 24 years. Be prepared to listen to and respect your own body, whether you are a first timer, never-ever yogi or an advanced practitioner.  
**Saturday** - "Balance and Core" fun Balances and lots of abdominal strengthening.  
**Sunday and Monday** - "Slow Flow Yoga" slow pace with form queuing for spine health and balance.

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## Using Your Multiple Brains to do Cool Stuff

Meet your multiple brains! Understanding and learning to access the wisdom of your multiple brains creates opportunities for inner honesty and personal understanding. It's also a ridiculous idea, and bound to be entertaining. So come join success and relationship coach Michael Eldredge as we explore our multiple brains.

## How to Grow Love and Not Kill Each Other

Success and relationship coach Michael Eldredge shares stories from his 10+ years working with couples in this open format examination of relationship dynamics.

## • Bryce Canyon Activities •

### Winter Festival National Park Service Programs Bryce Canyon National Park

\* Reservations required. Program locations will be given when you sign up at the Visitor Center. Sign ups are day-of the program, beginning at 8 a.m., first-come, first-served.

#### Color Swatch Observation

There will be a pavilion/tent set up next to Sunset Point where they will be doing a Color Swatch program, where the visitors will receive color swatches and will venture out and match as many colors as they can find in the park. They will then return to the pavilion for questions and answers.

#### Sunset Point Guided Walk

Rangers from the Grand Staircase will be at Sunset Point for a guided walk along the Rim to Sunset Point lasting about 1 ½ hours. While learning about the park we will discuss the ever- evolving status of the National Park area.

#### Hoodoo Geology

##### LOCATION CHANGE!

Meet At Sunset Point

#### Preparedness Table

What should be in your pack when hiking? Learn to plan like a ranger and learn what the Ten Essentials are.

#### Touch Table

What animals call Bryce Canyon National Park home? Identify pelts and bones and learn about some of the winter adaptations that help animals to thrive here year-round.

**Entrance fee to Bryce Canyon required  
to access National Park activities**

See "Schedule of Events " for all classes and times.