THE WIND DOWN
MUSIC & ARTS FESTIVAL
2025 GUIDEBOOK

WIND DOWN GUIDE BOOK

GATE HOURS

THURSDAY, SEPTEMBER 4th: 2pm to 10pm
FRIDAY, SEPTEMBER 5th: 10am to 10pm
SATURDAY, SEPTEMBER 6th: 10am to 10pm
SUNDAY, SEPTEMBER 7th: 10am GATES OPEN
ALL NON STAFF ATTENDEES MUST LEAVE PROPERTY BY 6PM

If you require after hours access to leave the event, you must let the gate staff know upon entry when you check in. Your name will be added to the log and we will ensure that you will have access to leave once a wellness check is completed.

NO LAKE ACCESS

PSA! The lake is fun to look at, but is not swimmable. Please do not attempt to go for a swim, as it's off limits this year. It's filled with weeds and wetland creatures such as ducks call it their home and we don't want to disrupt their environment.
The weather calls for lots of above normal for the season temps and lots of sun, so stay cool with fans, water, etc. Bring water guns for the kids!

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Services of Note

Harm Reduction & Sanctuary Tent

Harm reduction volunteers provide information, support, and/or supplies aimed at reducing overall harm. They are trained to support you through emotional or psychedelic experiences, and can also just be your buddy when you need a safe person for any reason. We're here for you! 🤗

Sanctuary Tent: Visit anytime for a chill place to rest, a safe spot to settle from strong emotions, a cozy area to ride out your high, or for basic supplies like earplugs or condoms. We've got you covered! 💕 *This space will be self-serve during the daylight hours and have volunteers on-site in the evenings/night time party hours.*

Please note - The Sanctuary Tent is not a play space for kids - but they can stop by to grab a fidget, kids sized ear plugs or bug spray/sunscreen if needed.

First Aid

Safety is our top concern at The Wind Down and we have First Aid staff on duty all weekend long. If you or someone you know are in need of medical or first aid care, please find a First Aid volunteer at the stages. Self serve first aid items will be available at both The Lodge & The Outpost stages should you require band aids or other common items.

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THE WIND DOWN 2025: OVERVIEW & GUIDELINES

Event Overview

• Dates: September 4th to 7th, 2025
• Location: Labyrinth Lake Lodge, Alberta, Canada
• Audience: Family-friendly event, all ages welcome
• Overview: The Wind Down is a not for profit, family friendly, end of summer overnight camping style music event in our fourth year that focuses on supporting regional Alberta artists and community. Our goal is to bring together community to celebrate inclusion and diversity through music, art & family friendly workshops. Safety of our attendees is our number one priority, so please read the following guidelines.

1. General Conduct

1.1 Respect and Inclusivity

• All attendees are expected to treat others with respect and kindness. Discrimination, harassment, or any form of abuse will not be tolerated.
• We value diversity and aim to create an inclusive environment. Please be mindful of others' personal space and boundaries.
• Consent is mandatory.
• No amplified sound, renegade stages or loud music that might be considered disruptive to others.

1.2 Family-Friendly Environment

• The Wind Down is a family-friendly event. Please refrain from using offensive language or engaging in inappropriate behavior.
• Parents/Guardians are expected to supervise their children at all times. Do not leave your child unattended.
• Please do not leave any open food or drinks unattended outside of your camping area.

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1.3 No Tolerance for Violence

- Any form of violence, physical or verbal, will result in immediate ejection from the event and possible legal action.
- No glass, weapons, fireworks or illegal substances.

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2. Ticketing and Entry

2.1 Ticket Purchase

- All attendees, including children, must have a valid ticket. Tickets must be purchased in advance and are non-refundable.
- Each ticket is unique and cannot be transferred without the event organizer's approval.

2.2 Check-In Process

- Upon arrival, attendees must check in at the front gate with valid identification and their ticket confirmation.
- Wristbands will be provided at check-in and must be worn at all times during the event. Replacement wristbands will incur a fee.

2.3 Re-Entry Policy

- Attendees may leave and re-enter the event site. Wristbands must be shown upon re-entry.

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3. Camping and Accommodations

3.1 Camping Zones

- There are designated camping zones for families, quiet campers, and general attendees. Please choose your zone accordingly.
- Campsites are available on a first-come, first-served basis.
- No wood burning fires. Only Propane firepits are authorized.

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3.2 Campfire Regulations

• Campfires are not permitted. Attendees must adhere to any fire bans or restrictions in place during the event. Self enclosed propane firepits are allowed.
• Do not leave fires unattended. Extinguish all fires before leaving your campsite or going to sleep.

3.3 Generators and Power

• Please be mindful of the noise level and use low-noise generators if possible.

3.4 Waste Management

• This is a leave-no-trace event. All attendees are responsible for disposing of their waste properly. Pack out all garbage and recycling.

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4. Safety and Security

4.1 Medical Assistance

• A first aid station will be set up near The Lodge Stage. Please familiarize yourself with its location upon arrival. First Aid volunteers will be wearing red arm bands while on duty.
• If you have a medical condition, notify event staff at check-in so they can assist in an emergency.

4.2 Security Presence

• Security personnel will be present 24/7. They are there to ensure the safety and well-being of all attendees. Please cooperate with them.

4.3 Lost and Found

• A lost and found station will be set up at The Lodge stage. Items found should be turned in, and lost items can be claimed here.

4.4 Emergency Procedures

• In case of an emergency, listen for announcements from the event organizers. Follow all instructions and head to the designated emergency assembly/muster point if required.

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5. Children and Minors

5.1 Parental Responsibility

• Parents and guardians are responsible for their children at all times. Ensure that your children are supervised and safe.
• Children under 13 must be accompanied by an adult at all times.
• While we encourage a family friendly environment, we strongly encourage all parents and guardians to have all kids under 18 back to their campsites for the night no later than 10pm each night. This is for the safety and well being of the children as well as the adults attending.

5.2 Child-Friendly Activities

• A range of child-friendly activities will be offered during the event. Please check the schedule for times and locations. The descriptions can be found later in this document.

5.3 Identification for Minors

• All minors (under 18) will be given a special wristband to show they are under 18. The wristband must have their guardian's contact information in case of an emergency.

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6. Alcohol and Substance Policy

6.1 Alcohol Consumption

• Alcohol will be allowed in designated camping areas only. Anyone consuming alcohol must be 18 years or older and show proof of age. There is a zero-tolerance policy towards providing alcohol to minors. It is strictly prohibited and will result in immediate ejection from the event and notification of local authorities.

6.2 Illegal Substances

• The use of illegal substances is strictly prohibited and will result in immediate ejection from the event and notification of local authorities.

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7. Pets

7.1 Pet Policy

• Pets are not allowed. Exceptions include pre-registered service animals.

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8. Environmental Responsibility

8.1 Leave No Trace

• The Wind Down is committed to environmental sustainability. Attendees are expected to follow the leave-no-trace principles.
• Use biodegradable products where possible and minimize waste.

8.2 Water Use

• Potable water is available in case of emergency. Please bring your own water for the weekend. Designated washing stations are available outside of porta potty banks. Please avoid wasting water.

8.3 Wildlife Protection

• Do not feed or disturb the local wildlife. Store food securely to avoid attracting animals.

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9. Performance and Activities

9.1 Performance Etiquette

• Respect the performers and fellow attendees by refraining from disruptive behavior during performances.

9.2 Participation in Event & Activities

• You will be required to sign a waiver for you and your dependents upon arrival to Wind Down. Participation in activities at Wind Down is voluntary and at your own risk.

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10. Legal and Liability

10.1 Waiver of Liability

• By attending The Wind Down, you agree to assume all risks associated with the event. The organizers are not liable for any injuries, loss, or damages.

10.2 Photography and Videography

• By attending, you consent to being photographed or filmed by official event photographers. These images may be used for promotional purposes. The official photographer (Helon Photography) will ask permission that involve children under 18 prior to taking pictures.

10.3 Code of Conduct Violations

• Violation of these rules may result in ejection from the event without a refund. Serious violations will be reported to local authorities.

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11. Amendments and Updates

• These rules and regulations are subject to change. Please check the event website or contact the organizers for the most current information.

Thank you for being part of The Wind Down! We look forward to a safe, enjoyable, and memorable experience for everyone.

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What to Bring

Tickets & ID
Food, water & ice. Water bottles for hydration.
Cash for the Market & Food Vendors
Camping equipment suitable for warm days and cold September nights.
Sleeping gear suitable for cold nights. Extra blankets & a hot water bottle to keep in your sleeping bag to stay warm at night.
Headlamps/flashlights. The sun sets early in September, making for long nights.
Garbage bags for your garbage and recycling. This is a Leave No Trace Event
Lawn chairs & picnic blankets/mats to set up around the stages if you want to relax.
Folding wagon to transport your stuff around the festival grounds.
Earplugs/hearing protection for you and your kids. Protect your ears at the stage and sleep easier at night as the music does go late and can be heard throughout the festival grounds.
Comfy dancing shoes!
Change of outfits for the weather (warm days and cold nights).
Rain jackets, boots, umbrellas in case of rain.
Onesie for the Thursday Night Onesie Party!
Costumes! Rave accessories!
Flow toys and props!
Positive attitude! PLUR!

What NOT to Bring

Prohibited Items
Glass containers (due to safety concerns)
Fireworks or explosives
Firearms or weapons
Illegal substances
Generators (unless permitted by the festival)
Laser pointers
Drones (unless permitted by the festival)
Large furniture (unless necessary, stick to compact items)
Pets
Large, obstructive tents or structures (respect the space of others)
Valuables (leave unnecessary expensive items at home)
Anything prohibited by the festival's specific rules (always check the festival's official guidelines)

This list should ensure you have everything needed for a comfortable and enjoyable experience at The Wind Down!

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FRIDAY MUSIC

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FRIDAY WORKSHOPS

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SATURDAY MUSIC

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SATURDAY WORKSHOPS

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SUNDAY MUSIC & WORKSHOPS

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KIDS ZONE SCHEDULE

	FRIDAY Open 9AM to 5:30PM for Crafts, Activities, Snacks!	SATURDAY Open 9AM to 6PM for Crafts, Activities, Snacks!	SUNDAY Open 9AM to 3PM for Crafts, Activities, Snacks!
10AM		KIDS GLOW YOGA DANCE PARTY 9:45AM - 10:45AM	
11AM			MUSIC AND SHARE CIRCLE BODY SONG ART THE LODGE 11AM
12PM	CRAFT: KANDI GLASSES 12PM - 2PM		
1PM		COSTUME MAKING PARTY 12PM - 3PM KIDS HOOP DANCE 1PM - 2PM	
2PM	TOTEM MAKING CRAFT 2PM -6PM		COLORING CONTEST WINNER CLOSING CIRCLE & FARWELL TO OUR FAMILIES 2PM
3PM	HODGE PODGE HIP HOP 3PM - 4PM	WIND AROUND MAYPOLE MAGIC 3PM - 4PM	
4PM		PHOTOSHOOT WITH NEW COSTUMES AND PARADE TO KIDS RAVE 3:45PM	
5PM			
6PM			
7PM			
8PM			
9PM	KIDS MOVIE NIGHT 9PM - 11PM	KIDS MOVIE NIGHT 9PM - 11PM	
10PM			
11PM	TEENS MOVIE NIGHT 11PM - 1AM	TEENS MOVIE NIGHT 11PM - 1AM	
12AM			
1AM	ADULTS MOVIE NIGHT 1AM - 3AM	ADULTS MOVIE NIGHT 1:30AM - 3:30AM	
2AM			
3AM			
4AM			
5AM			

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Shayna Lavallee

Sharing Circle

Saturday 3:15-4:15

Workshop Tent

This will be a 2-hour mental health sharing circle for individuals over 12 years of age (adolescents 12-18 may attend with parent's permission). Each person will have an equal amount of time to share whatever is real for them in that moment. No select topic, whatever you would like to share is open to be seen by the circle.

Non-denominational sharing circles are a well-validated group therapy technique for supporting mental wellness and decreasing shame. Being seen and heard by others in a safe space can be an incredibly healing experience.

Tracy Frimpong:

Buti Love Glow Yoga – Adult Workshop

10am - 11:115am

Outpost Stage

Buti Love is a somatic movement practice blending high-energy yoga, primal wellness, grounding stretches, and EDM dance moves. This class is the perfect way to get ready for a night of dancing as you sweat, release, and have fun in a dynamic, empowering flow. Now with a glow yoga twist to bring even more vibrance to your practice!
Designed for adults (ages 10+ welcome).

Kids Glow Yoga Dance Party (Ages 3–10)

9:45am - 10:45am

Kids Zone Tent

A high-energy yoga dance party for kids! We'll move, stretch, and play with partner games and yoga-inspired dances. With glowing vibes and playful movement, this session will leave kids feeling joyful, confident, and full of energy.

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Tom Carroll

Living Tea Ceremony

Friday 11:15am - 12:15pm
Workshop Tent

We will begin with some brief introductions and a welcoming into the space. We will enter silence and drink tea together for around 40 minutes. Afterwards we will have a check in and an opportunity to share on the experience.
During the tea ceremony there will be some music playing and there will also be some handmade Aloeswood incense to deepen the experience if the sensitivities of the guests allow for it. The focus of bowl tea ceremony is to receive from the heart, to give from the heart and to connect with nature.

The teas used are "living teas" meaning they are seed propagated, no pesticides, herbicides or fertilizer (not even organic ones). They are allowed to space themselves and live in biodiverse ecosystems unlike plantations, there is a good relationship with the farmers who harvest the tea, no irrigation is provided so the roots grow deep l to the mountain earth. Often the teas used are from trees that are 100 us years old and have been aging for 20 plus years.
The tea pots and bowls have a rich history, the kettles used are antique one being 150 years old.
The water is clean fresh spring water.

Scott Tooker

Blackfoot Stone Dance Ceremony

Friday 1:15pm - 2:15pm
Workshop Tent
This ceremony helps people to see an issue from four different perspectives using traditional tools and practices.

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Paula Margot

Connecting to Gaia - Conscious Connected Breath Work

Saturday 1:15pm - 2:15pm
Workshop Tent

Using the breath to support us as we journey through our chakras, releasing what no longer serves us, recalibrating our systems and making room for more joy.

Joyful Bravery

Friday 2:15pm - 3:15pm
Workshop Tent
This hour session dives into Joy Based Values, how we can reconnect with ourselves, and what truly brings us Joy. Learn how to creatively carve out time for your personal life and watch the magic begin to happen.

Jennifer Roth

Empowered Intimacy: Unleashing Your Sexual Voice

Saturday 12:15pm - 1:15pm
Workshop Tent

Discover the art of authentic expression in the realm of intimacy with Jenn's Empowered Intimacy class. This course is designed to help you confidently ask for and communicate your desires, fostering a deeper understanding of your own pleasure. Explore effective verbal communication skills that empower you to express your needs, creating a more fulfilling and satisfying sexual experience. Learn the importance of genuine connection and how suppressing your desires can impact your pleasure. Gain insights into the complexities of faking orgasms and how embracing authenticity can enhance overall satisfaction. Join us on a journey to unlock your sexual voice and build a more empowered, fulfilling connection with yourself and your partner.

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Jennifer Laporte

Mobility Flow

Friday 11am - 12:30pm

Lakeside Stage

Mobility Flow is designed for the festie-goer to feel limber all weekend long, for the average wanderer wanting to protect their joints for the long haul, and for those who just need a space to relax and reconnect within - infused with a bit of play and partner work (of course!). This class will help you move smarter, feel stronger, and play with your body in new ways - it is your gateway to moving better, feeling better, and living better.

Kacie Knight

Kids Hoop Dance

Saturday 1pm - 2pm

Kids Zone Tent

Have fun unlocking magical tricks with hula hoops.
All ages & skills level welcome!
Hoops are provided

David Palfenier

Rise & Shine Yoga With David

Saturday 12pm -1pm

Lodge Stage

Hip Hop is a vibrant culture that began in the 1970s in the Bronx NY, and houses many elements and dance styles all about community, creativity, self-expression, respect, and having fun—together. This workshop touches on Breakin, New Jack Swing with games, simple combos, and creative freestyle. No experience needed.

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Dolphin Kasper

Understanding Attachment Patterns

Saturday 4:15pm - 5:15pm

Workshop Tent

A New Model for a Healed Human Condition is a powerful and engaging workshop that blends lecture, discussion, and experiential practices to explore how our earliest relational imprints shape the way we love, connect, and experience ourselves. In this interactive session, we'll uncover the hidden roots of our emotional patterns, introduce a fresh and empowering model of human healing, and offer practical tools to shift from survival-based relating to secure, connected, and fulfilling relationships. Whether you're healing from past wounds, navigating love and friendship, or simply curious about what it means to feel safe and seen, this workshop offers insight, connection, and transformation.

Nicole Rose

Ecstatic Dance with Nicole Rose

Friday 1pm - 2pm

Outpost Stage

MEcstatic dance is a free-form intuitive movement journey that will help you feel nourished, grounded and energized!

Nicole will guide you to move your body, use your breath, and explore toning & sound as tools to bring you into presence, clear your energy and activate a deeper connection with self to feel more freedom, flow & bliss!

No experience needed. Bring a yoga mat & water to drink. This workshop is adult & big kid friendly.

Kids Rave With Nicole Rose

Saturday 4:15pm - 5:30pm

Lakeside Stage

Calling all Gen Alpha ravers! Nicole will start the party with toddler & pre-school favourites and finish off with tunes that transcend generations. Come dressed in your Kids Rave best - costumes, kandi & glowsticks highly encouraged!

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Freaky Fingaz (Maxim StrelNikov)

Djing with Freaky Fingaz: The Art of Musical Patterns

Saturday 1pm -2pm

Outpost Stage

Step into the world of creative sound with this interactive DJing workshop led by Freaky Fingaz. Dive deep into the fascinating connection between music structure, beat grids, and Fibonacci progressions, uncovering how mathematics and rhythm collide to craft mesmerizing tracks. Whether you're a beginner or a seasoned DJ, this session will equip you with the skills to unlock innovative patterns and unleash your creative potential. Ready to reimagine the dance floor? Join us and discover a new groove!

Nebula Flows (Jennifer Dube)

Fluid Movement

Friday 12pm - 1pm

Outpost Stage

Blending the art of dance and silk fan flow together in fluid motion, helping you find the fluidity within your own movement and unlock your connection to flow arts. This workshop will provide you the basic skills in both silk fan flow and dance to begin your own creative art journey. I will also be creating a short piece of choreographed movement for you to take away and make your own from this workshop. I am so looking forward to sharing flow and movement with you all!

Chris Topherlee

Zen and the Art of Poi with Chris Topherlee

Saturday 2:30pm -3:30pm

Lodge Stage

Calling all Gen Alpha ravers! Nicole will start the party with toddler & pre-school favourites and finish off with tunes that transcend generations. Come dressed in your Kids Rave best - costumes, kandi & glowsticks highly encouraged!

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Camille Paris

Ashtanga Yoga (Primary series)

Sunday 12pm-1pm

Lodge Stage

This practice of Ashtanga Yoga, specifically the Primary Series, is a dynamic and disciplined journey that harmonizes body, breath, and mind. In the morning, you will move through a set sequence of postures (asanas) designed to build strength, flexibility, and endurance, beginning with the Sun Salutations (Surya Namaskar). The practice is vigorous, with a strong emphasis on the breath, using Ujjayi breath to maintain a rhythm throughout the series. The repetitive nature of the sequence helps you refine your technique and deepens your connection to the body's movements, fostering a sense of internal focus and meditation in motion.

As you flow through standing postures, seated stretches, and backbends, the practice challenges both your physical and mental boundaries. The Primary Series serves as a foundation for more advanced practices, and over time, you may notice improvements in your posture, alignment, and mental clarity. Each session not only strengthens and detoxifies the body but also nurtures a deep sense of discipline and presence. Ashtanga encourages perseverance and consistency, allowing you to cultivate resilience both on and off the mat, and to experience a greater sense of balance in your daily life.

Kris Elaschuk

Sacred Soundscape

Saturday 1:30pm - 2:30pm

Lodge Stage

Allow yourself to drop into a space of multidimensional sonic alchemy ~ layered vocal intonement, medicine flutes, didgeridoo, handpan, crystal singing bowls, sitar & so much more. These transmissions of sacred sound are truly transformational journeys of intentional vibration. Come rest, rejuvenate, heal & transcend while being held in this sacred soundscape

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Courtney Slater

Mindful Mandalas Painting Workshop

Friday 1:30pm -2:30pm

Lodge Stage

Mindful Mandalas is a mandala painting workshop designed to help festival attendees unwind, reconnect with their inner artist, and express themselves freely through intuitive brushwork. This experience blends creativity with mindfulness, offering a peaceful container for reflection and focusing on the small details - perfect for a festival centered on winding down.

Whether participants are seasoned painters or haven't touched a brush since childhood, this session invites everyone to let go of expectations, breathe deeply, and simply create.

L and Jay

Beginner AcroYoga with L and Jay

Friday 12pm - 1:30pm

Lodge Stage

Bringing queer joy and restorative movement, Jay and L will guide you through stretches and poses of acro yoga. A group activity, acro yoga is all about balance, trust and communication. This beginner workshop is for everybody and every body, no experience needed!

Ayla Modeste

Indigenous Resistance

Friday 12:15pm - 1:15pm

Workshop Tent

In this sharing circle, folks are invited to listen to Ayla's connection to indigenous resistance as it relates to the personal and as it relates to the land. The idea of personal healing and art as resistance to capitalism and colonialism will be explored while community members will have the opportunity to share their personal practice with resistance. Resistance from an ancestral lens reminds us that we will always come back to the land for healing and that we must plan for what that looks like for the next seven generations.

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Karen Berry (Karebelle)

Hodge Podge Hip Hop

Friday 3pm - 4pm

Kids Zone Tent

Hip Hop is a vibrant culture that began in the 1970s in the Bronx NY, and houses many elements and dance styles all about community, creativity, self-expression, respect, and having fun—together. This workshop touches on Breakin, New Jack Swing with games, simple combos, and creative freestyle. No experience needed.

WIND Around Maypole Magic

Saturday 3pm-4pm

Kids Zone Stage

Ribbons fly, feet skip, and circles form. In this joyful gathering, children are invited to dance the maypole—an old tradition that celebrates the turning of the seasons, the spirit of play, and the beauty of moving together. With music guiding the way, we'll learn simple steps that weave our ribbons into living patterns—colourful, flowing, and made by many hands.

Wind Down Circle

Sunday 2pm

Kids Zone Tent

As the festival comes to a close, we gather to pause, reflect, and honour all that we've shared. This is a space for kids to slow down and take it in— Each will make ther own MANDALA relaxation journal, while we sing songs. Then we will be invited to share in a circle. There's no pressure to speak—just an open invitation to listen, express, and be part of a closing ritual that celebrates the joy, growth, and connections of the week. All feelings and voices are welcome.