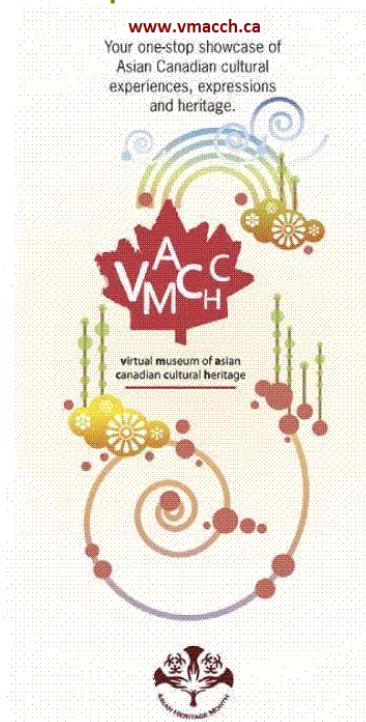


ASIAN HERITAGE MONTH FESTIVAL 2015

... showcasing cultural expressions and
experiences of Asian Canadians



Asian Heritage Month Festival is partially funded by the Government of Canada through the Department of Canadian Heritage, Citizenship and Immigration Canada and the Social Sciences and Humanities Research Council of Canada

Please visit <http://www.asian-heritage-month.org>
and <http://www.vmacch.ca> for details



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Toronto District School Board
www.tdsb.on.ca



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Dept. of Social Justice Education



AGA KHAN MUSEUM

York Centre for Education and Community

York Centre for
Asian Research



EMMANUEL COLLEGE
OF VICTORIA UNIVERSITY IN
THE UNIVERSITY OF TORONTO

Canada



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strengthening diverse communities

ASIAN HERITAGE MONTH FESTIVAL 2015

THE ELEVENTH ANNUAL ASIAN HERITAGE MONTH EDUCATION ROUNDTABLE AND
THE THIRTEENTH ANNUAL ASIAN HERITAGE MONTH LECTURE
PRESENTED BY CANADIAN FOUNDATION FOR ASIAN CULTURE (CENTRAL ONTARIO) INC.

*The Heart of Asia. Right Here. Right Now:
A Celebration of Asian Wisdom Traditions in Canada*

I. Opening Event: Pathways to Wellbeing in Our Times: The Contributions of Asian Wisdom Traditions

Date and time: Friday May 22, 2015 1pm-6pm

Sandra Faire and Ivan Fecan Theatre, York University

Accolade East Building, York University, 4700 Keele Street

Building 92 on the Map at

http://maps.info.yorku.ca/files/2013/02/KEELE_Map_Colour.pdf

II. Workshops on Japanese Tea Ceremony, Taoist Tai Chi and Sufi Dhikr

Date: Sunday June 7, 2015

Japanese Tea Ceremony at Tea Room of Japanese Canadian Cultural Centre

Date and time: Sunday June 7, 2015 9 am-11:30 am

Location: 6 Garamond Court Map at <http://www.jccc.on.ca/en/contact/>

Taoist Tai Chi and Sufi Dhikr at Aga Khan Museum

Date and time: Sunday June 7, 2015 1 pm-4:15 pm

Location: 77 Wynford Drive, Toronto

Map at <https://www.agakhanmuseum.org/visit/location-parking>

III. Hindu Yoga & The Path of Indian Classical Music

Date and time: Friday June 12 7 pm-9:30 pm

Location: Multi-Faith Centre, University of Toronto, 569 Spadina Avenue

(located in the Koffler House)

Map at <http://www.multifaith.utoronto.ca/Contact-Us-Book-Space.htm>

FREE ADMISSION

Please register by e-mail: asianheritagecanadian@yahoo.ca
stating which event you are attending

OPENING EVENT
PATHWAYS TO WELLBEING IN OUR TIMES: THE
CONTRIBUTIONS OF ASIAN WISDOM TRADITIONS

Friday May 22, 2015 | 1 pm – 6 pm | York University

OPENING ADDRESS: Justin Poy (Honourary Patron, Asian Heritage Month-CFACI)

PLENARY ADDRESS AND ASIAN HERITAGE MONTH LECTURE

Ashley Poy on “Universal Spirituality: How Do I Feel in Heart, Body & Mind, Right Here, Right Now?”

PRESENTATIONS

Professor Renita Wong (School of Social Work, Fac. of Liberal Arts & Professional Studies, York University) on “The Interbeing of Wellness Among Students in Higher Education”

Bhante Kovida (Buddhist monk from Theravada (Sri Lanka) tradition, Jamaican Canadian of Chinese descent) on “Buddhism and Mindfulness”

Dr. Melanie Viglas (University of Toronto and Sheridan College) on “Mindfulness in Education”

WORKSHOPS

Sitting Meditation conducted by **Dr. Melanie Viglas**

Dynamic Mindfulness conducted by **Bhante Kovida**

RED SOFA DISCUSSIONS

Moderator: Professor Thabit Abdullah (Associate Dean, External Affairs, Faculty of Liberal Arts and Professional Studies, York University)

Leila Girdhar-Hill (System Superintendent, Toronto District School Board)

Craig Tsuji (Principal, Toronto District School Board)

Kirk Mark (Senior Coordinator of Community Relations, Toronto Catholic District School Board)

Jody Huang (Community Relations Officer, Toronto Catholic District School Board)

Representatives from public school boards and private schools

With All Speakers also sitting on the panel

RECEPTION FOLLOWS: Asian delicacies and beverages served

II. WORKSHOPS ON JAPANESE TEA CEREMONY,
TAOIST TAI CHI AND SUFI DHIKR

Sunday June 7, 2015 | 9 am to 4:15 pm | Japanese Canadian Cultural Centre and Aga Khan Museum

SECTION I: JAPANESE TEA CEREMONY AT JAPANESE
CANADIAN CULTURAL CENTRE 9AM-11:30AM
MUSIC

Japanese music

PRESENTATION

"The Historical Context of Zen and the Tea Ceremony" by Professor David Waterhouse, East Asian Studies, University of Toronto

MOVEMENTS

Zen in motion exercise at Heritage Court

Zen in stillness exercise at Heritage Court or Heritage Lounge

TEA CEREMONY

Tea ceremony demonstration at Tea room

Members of the Urasenke Tankokai Toronto Association

SECTION II: TAOIST TAI CHI AND SUFI DHIKR AT AGA KHAN
MUSEUM 1PM-4:15PM

Taoist Tai Chi

1 pm–2:30 pm

Presentation (Aga Khan Museum auditorium):

Dr. Lien Chao and famous Tai Chi Artist Henry Ho

Chinese Taoist Music: (tbc)

Performance (Aga Khan Museum courtyard):

Henry Ho’s Tai Chi Chinese Calligraphy, Practice session of Tai Chi

Sufi Dhikr

2:45 pm–4:15 pm

Presentation (Aga Khan Museum auditorium):

“Sufism: Path of Universal Love” by Dr. Reza Tabandeh, University of Toronto

Performance (Aga Khan Museum courtyard): Dhikr with the Canadian Sufi Cultural Centre, with Practice Session

III. HINDU YOGA & THE PATH OF INDIAN CLASSICAL MUSIC

Friday June 12 | 7 pm-9:30 pm | Multi-Faith Centre, University of Toronto

HINDU YOGA

Presentation Gauri Guha: "Hindu Yoga & The Path of Indian Classical Music"

Performance & Workshop Gauri Guha: "Experiencing Yoga Practice Through BREATH & SOUND"

INTERFAITH DIALOGUE

Topic: "What is happening RIGHT HERE, RIGHT NOW? An Investigation into the Heart of Personal Transformation"

Panel (from various wisdom traditions)

Sufism and Dhikr: Dr. Reza Tabandeh, University of Toronto
Taoism and Tai chi: Dr. Lien Chao and famous Tai Chi Artist Henry Ho

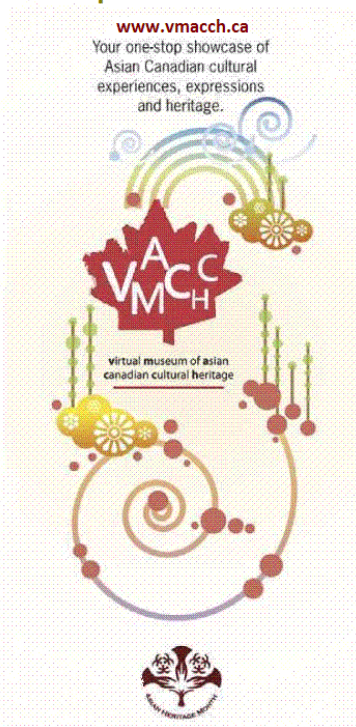
Hinduism and Hindu Yoga: Gauri Guha

Zen Buddhism and Japanese Tea Ceremony: Ashley Poy, Helen Kong, Japanese Canadian Cultural Centre

Mindfulness Practice & Public Education: Dr. Melanie Viglas

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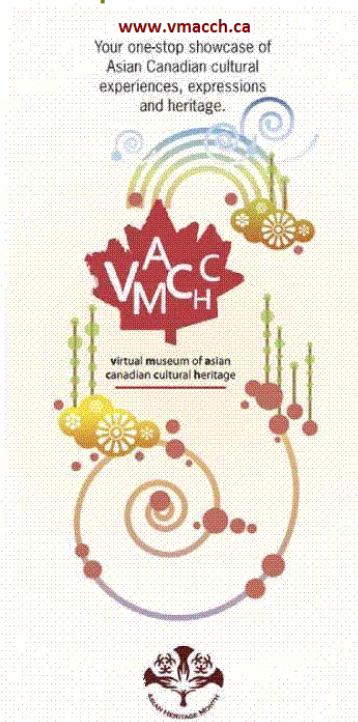
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**WORKSHOPS ON JAPANESE TEA CEREMONY,
TAOIST TAI CHI AND SUFI DHIKR**

@ Japanese Canadian Cultural Centre and Aga Khan Museum

**SECTION I: JAPANESE TEA CEREMONY AT JAPANESE
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JAPANESE MUSIC

PRESENTATION | "The Historical Context of Zen and the Tea Ceremony" by
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MOVEMENTS | Zen in motion exercise and Zen in stillness exercise

TEA CEREMONY | demonstration by Members of the Urasenke Tankokai
Toronto Association

**SECTION II: TAOIST TAI CHI AND SUFI DHIKR AT AGA
KHAN MUSEUM | 1PM-4:15PM**

Taoist Tai Chi | Dr. Lien Chao and famous Tai Chi Artist Henry Ho
Sufi Dhikr |

PRESENTATION | "Sufism: Path of Universal Love" by Dr. Reza Tabandeh,
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DHIKR | by the Canadian Sufi Cultural Centre, with Practice Session

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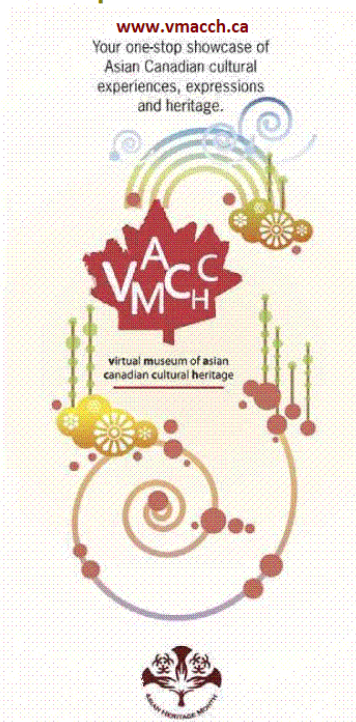
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