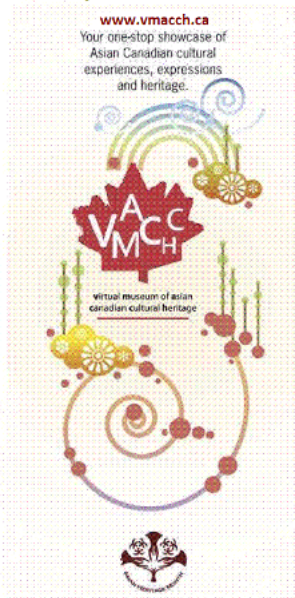


## ASIAN HERITAGE MONTH FESTIVAL 2021

... showcasing cultural expressions and  
experiences of Asian Canadians



Please visit

<http://www.asian-heritage-month.org>

And <http://www.vmacch.ca> for details



Canadian Foundation for  
Asian Culture (Central  
Ontario) Inc.



Canada



WE ARTISTS' GROUP



York Centre for  
Asian Research



ASIAN INSTITUTE



## ASIAN HERITAGE MONTH FESTIVAL 2021

PRESENTED BY CANADIAN FOUNDATION FOR ASIAN CULTURE (CENTRAL ONTARIO) INC.

### THE ENERGY OF STILLNESS: A MULTIMEDIA VIRTUAL PRESENTATION OF TAIJI BRUSHWORK, PAINTING, VIDEO, POETRY, AND MEDITATION

#### PROGRAMME

Welcome and Opening Remarks:

Mr. Justin Poy, Honourary Patron, Asian Heritage Month-CFACI

Presentation by Artists: [Henry Ho](#), Lien Chao, and Ashley Poy

*"The Energy of Stillness" is a multimedia and inter-media virtual presentation created and presented by Henry Ho, Lien Chao and Ashley Poy alongside each individual's personal and their joint spiritual and artistic pursuits in the past five years.*

*Guided by ancient Chinese wisdom, the artists explore the cosmological state of supreme ultimate of Taiji, conceptually and artistically, from various angles. Through meditation, the mysterious relationship between energy and stillness; through Tai Chi horses, emotional psyche, brushstrokes, and special metaphysical artistic expression derived from natural phenomena.*

*The 40-minute presentation will be delivered within rhythmic, meditative cadence to engage the audience with spiritual energy; the variety of visual images, the alternate male and female poetic voices, and four short videos of Henry's live performances in the past—will illustrate the inter-connected spiritual and artistic journey taken by the artists. There will be a special treat for the virtual audience on May 30. Henry will perform Taichi pushing hands in front of the ZOOM camera for you.*

*There will be Q&A for the audience to make your comments and ask questions.*

**SUNDAY MAY 30 | 2 PM EDT BY ZOOM**

**FREE ADMISSION:** Please register at

<https://www.eventbrite.ca/e/the-energy-of-stillness-tickets-156558618041>

**Zoom link:**

<https://us02web.zoom.us/j/82886506485?pwd=ZHFFWHB6TzFodVNHc21qREo0bHowZz09>

**Meeting ID: 828 8650 6485 Passcode: 814618**

For more information, please visit <http://www.vmacch.ca>

or <http://www.asian-heritage-month.org>