



Chinese New Year Festival



SUNDAY, FEBRUARY 18, 2018

10:00 AM – 2:30 PM

Time	Location/Event		
	Chan Hall	Dining Hall	Meeting Room
10:00 – 10:55	8 Form Moving Meditation Demonstration	Lucky Bracelet Making, Chinese Crafts and Lantern Making	Chinese Calligraphy, Chinese Painting (Performance & Hand-made)
11:00 – 11:30	Sitting Meditation Demonstration		
11:30 – 12:00	Walking Meditation Demonstration		
12:00 – 13:00	Vegetarian Lunch		
13:00 – 13:35	Drum Performance Erhu: Chinese 2-string Fiddle Guzheng: Chinese Zither	Lucky Bracelet Making, Chinese Crafts and Lantern Making	Chinese Calligraphy, Chinese Painting (Performance & Hand-made)
13:35 – 14:20	Chan Tea Workshop		
14:20-14:30	Blessing & Prayer		

See reverse for activity descriptions ...

DESCRIPTIONS OF ACTIVITIES

ACTIVITIES FOR ALL AGES



Chinese Calligraphy:

Learn to write traditional New Year blessings and bring your own calligraphy home for your front door.

Lucky Bracelet Making:

Use thread to make a traditional lucky bracelet which will bring you fortune, health and happiness in the year of the dog!



Chinese Painting: Learn to use traditional brushes and ink to draw Chinese traditional painting and bring your own painting home.



Chinese Craft and Lantern Making:

Learn to make Chinese crafts and lanterns to announce the arrival of the New Year, and to symbolize your determination to do away with the old and start with the new.

ACTIVITIES FOR TEENAGERS AND ADULTS

Meditation: The best way to relax and to reduce stress without any side effects! Learn simple techniques to promote a calm mind, and to enjoy a more harmonious life.



Chan Tea Workshop:

Do you really know how to sip a cup of Chinese tea, savour the fragrance and enjoy the true taste? Then you need to experience the ancient Chan Tea workshop!

PERFORMANCES



Drumming: Combining drumming and Chan (Zen) into one, this performance is not only an art, but also an illustration of moving meditation.

Chinese Music: Our talented musicians play the Erhu (Chinese 2-string fiddle) and the *guzheng* (Chinese zither - a larger and louder instrument, with similar pitch and tonal quality.)

