

(Re)turn To Stillness: Guided Visual Art Meditation and Historical Performance at Spadina Museum: Historic House and Gardens

October 16-17, 2021

Breath is essential for life, and central to the healing power of meditation.

This inter-active presentation turns to this vital dimension of our being – breath - as a means to explore themes of loss, isolation, inequality, and healing.

Participants are introduced to the story of Albert (Bertie) Austin's death from tuberculosis in 1913, and supported in building connections between this narrative and contemporary experiences of Covid 19, an illness that - like Tuberculosis - is characterized by shortness of breath and experienced differently depending on one's social identity and status (race, class, gender, etc.).



In a breath, life can change.



The connection between the historic and contemporary narratives form the foundation for **(Re)turn to Stillness**, a guided visual art meditation on the painting *The Ask* (detail, above: Carol Knowlton-Dority: 2016).

The meditation and accompanying performance / historical re-enactment guides participants in becoming more attuned to their breath, and deepens their connections with others while drawing connections between disease, health and healing throughout local Toronto history. By creating a space for a public meditative encounter with expressive artworks at Spadina Museum, this installation supports different ways of being and relating in the social sphere.