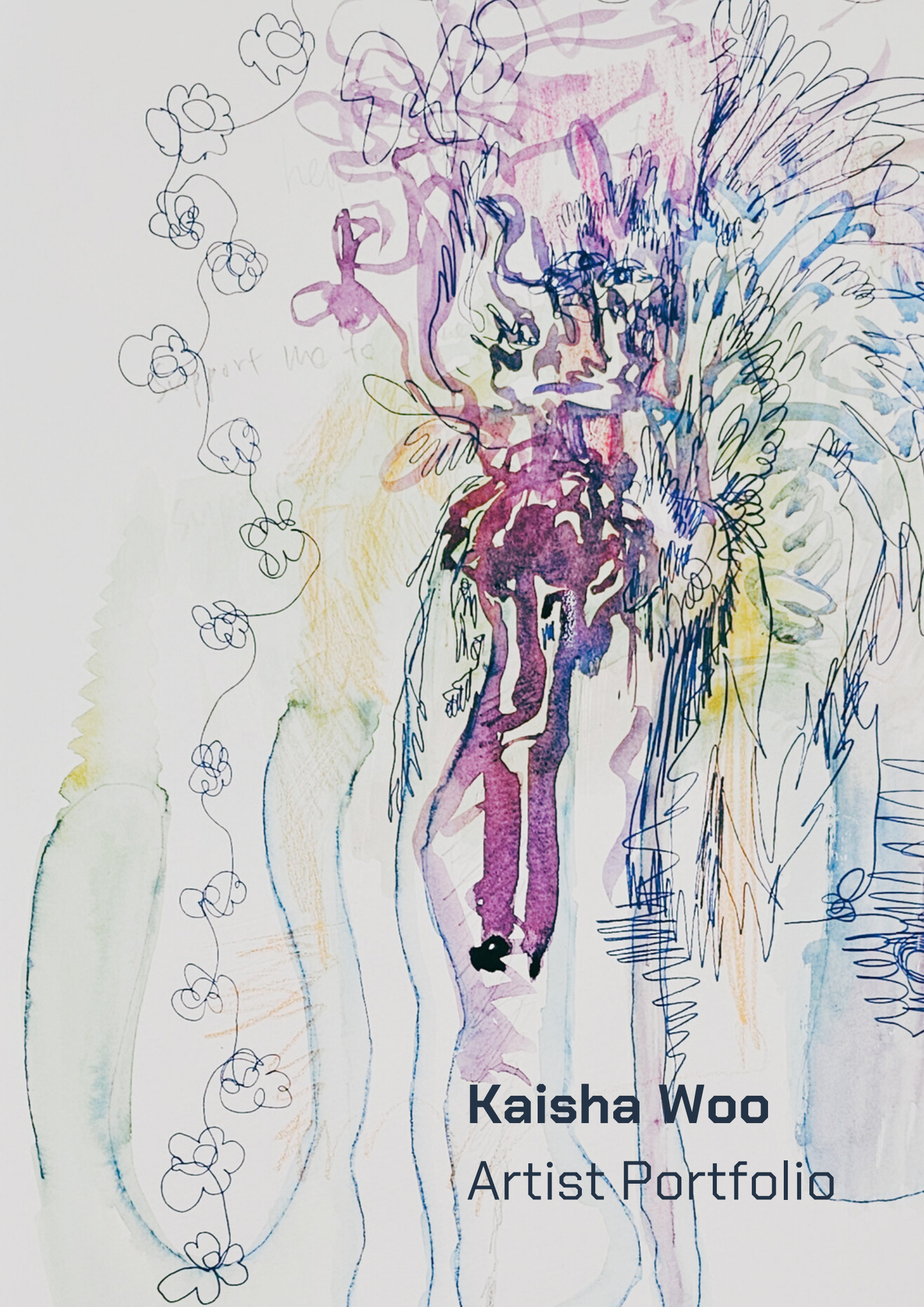




Kaisha Woo
Artist Portfolio

Artist Statement

My art is a space of solitude for inner exploration, a meditative practice where I give form to the emotional and spiritual landscapes within. I begin by listening deeply to my body—its rhythms and sensations that naturally emerge. In this state of flow, I learn to embrace every experience as is, from deeply rooted traumas to blossoming joy, without judgment, and without attachment.

This process is a personal alchemy. I work with the fundamental elements of human experience—fire and water, shadow and light, chaos and order—seeking the balance where they can meet in clarity. I confront inner darkness and revisit life's recurring burdens to shed light to it and transform them through patient, attentive presence.

I allow the forms and colours to emerge organically, giving physical expression to the essential life form that connects us and animates us all. I explore how opposing forces actually arise from the same source and complement each other, how it coexists to mirror one another.

Ultimately, my work is an invitation to recognise our shared humanity. I hope that when you encounter my art, you might see something familiar—that same inner light, that same human struggle and beauty—and feel reminded that though our journeys are personal, we are all connected in this experience of being.

Artist Bio

Kaisha Woo is a Seoul-born artist, creative educator, and social entrepreneur based in Hong Kong. Her artistic journey began with early training from her mother, an established artist, leading to studies at Korea's Yewon Art School and achieving the top score in China for Art in her IGCSE/A-Level examinations. She further developed her unique practice through a double degree in Fine Arts and Business Administration from the University of Hong Kong, followed by a Master of Cultural Management from The Chinese University of Hong Kong.

After a transformative five-year hiatus, Woo's work evolved from technical representation to a deeply intuitive, abstract language. Her current practice serves as a meditative exploration of the subconscious, bridging inner emotional landscapes with the natural world. Rooted in abstract expressionism and surrealism, her paintings feature resonant colour fields and textured layers that create visual dialogues about human experience. This same intention extends to interactive installations that guide participants through tactile exercises for emotional awareness.

As Founder and Director of Gowld Art Centre, Woo synthesizes these artistic and social practices, developing programs that help others align body, mind, and spirit. Her commitment to sustainable living infuses both her art and social enterprise, often incorporating natural materials to foster environmental connection. Through all her endeavors, Kaisha Woo champions a conscious, creative approach to personal and collective wellbeing.



Earth gives water its path, water
feeds air its clouds, air carries
fire its spark, and fire returns ash
to the earth, all at a single breath.

Continuum
Oil on canvas
200 x 200 cm
2025



Blossoming
Oil on canvas
40 x 60 cm
2025



The first breath, and the innocent step taken in the eternal, nurturing ground of the mother and the linear, flowing river of the father, on a journey that is both alone and shared.

The fool
Acrylic on
canvas
40 x 60 cm
2025



Infinite source

Acrylic on canvas

50 x 70 cm

2025



Alchemy
Oil on canvas
50 x 70 cm
2025



Temerance
Oil on canvas
40 x 40 cm
2025



Ripple
Oil on canvas
40 x 60 cm
2025



Kundalini
Watercolour
on paper
80 x 120 cm
2024



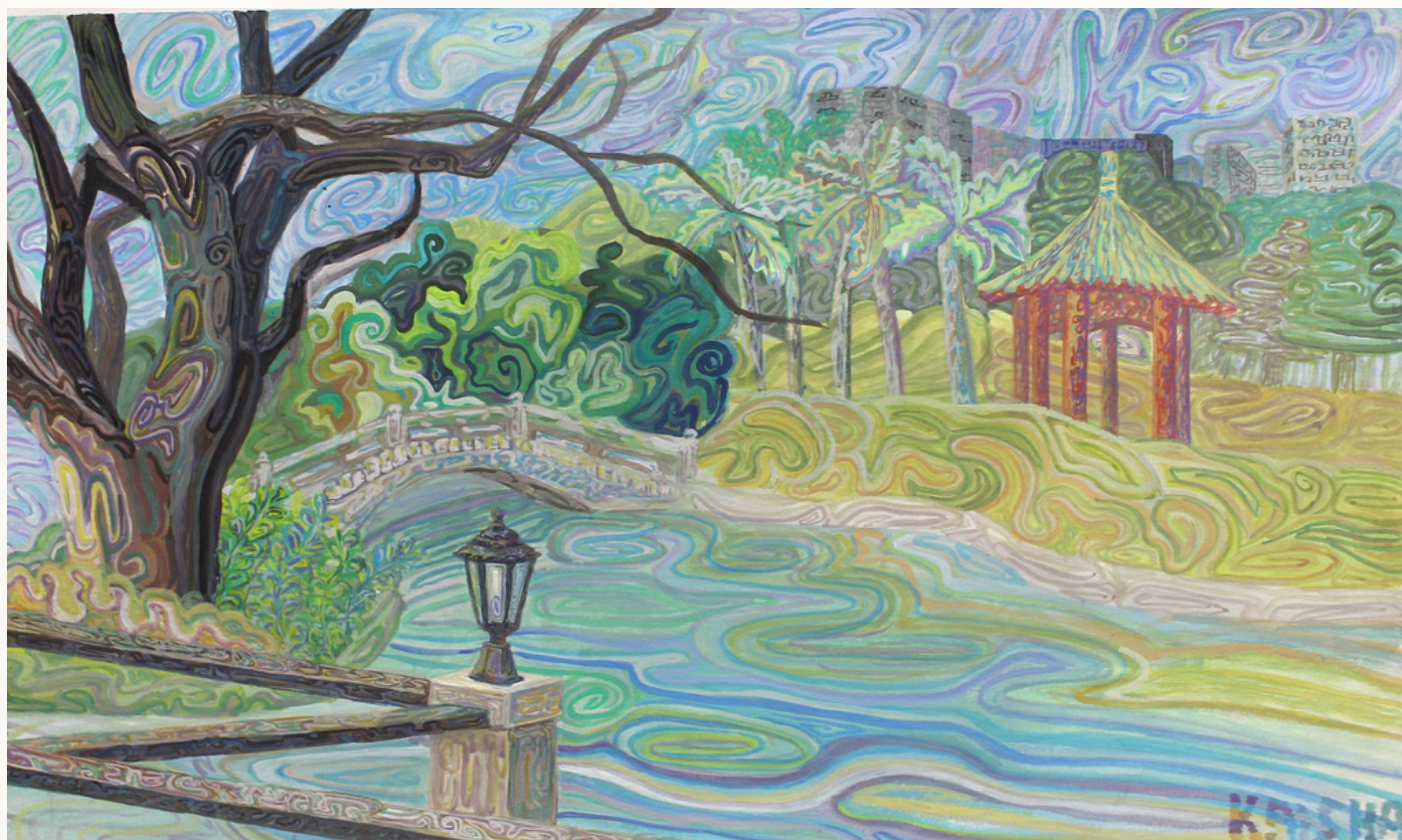
Seed
Oil on canvas
50 x 60 cm
2023



Shadow
Mixed media
20 x 30 cm
2023



Courage
30 x 40 cm
2022



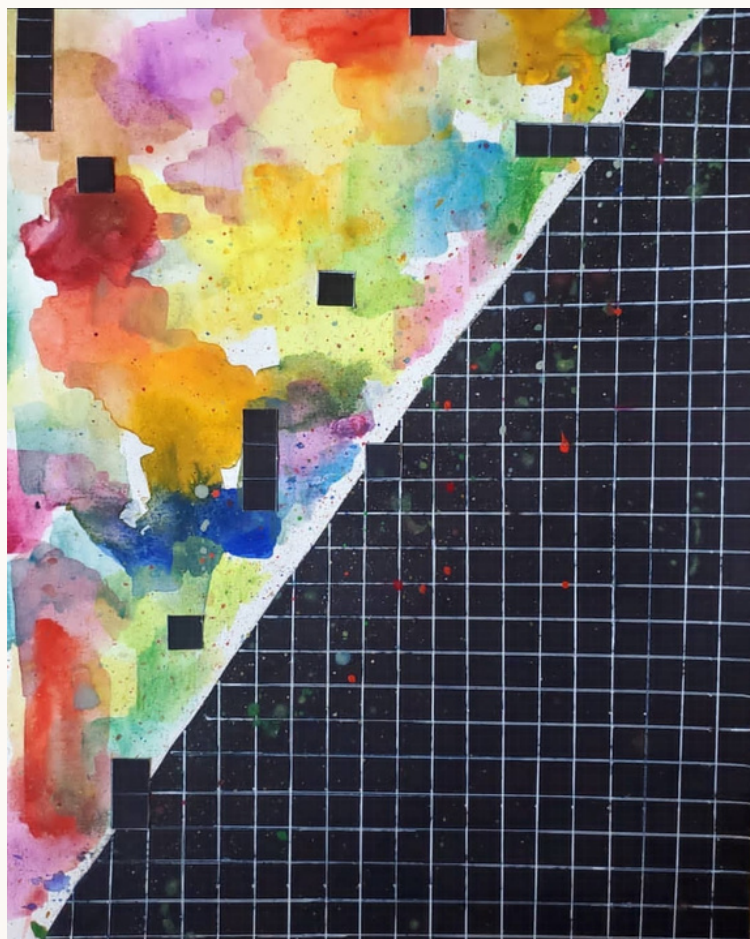
CUHK
Gouache on
paper
30 x 20 cm
2021



Source
Oil on canvas
40 x 60 cm
2020



Spiral
Watercolour
on paper
40 x 60 cm
2019



**Power
Struggle**
Mixed media
40 x 60 cm
2019



Wheel of life
Interactive
istallation,
Gowld Art
Centre
2024