

On the path to enlightenment
awakening can be brutal

འགྲོ་བཤམ་ Agad Om

PRESS KIT



Written and directed by Stéphane Gagnon
Starring Jean-François Robichon



Country of origin: Canada

Country of production: Spain/Canada

Completion date: March 18, 2026

Format: 16:9/H.264

Duration: 55 sec.

Genre: Comédie

Color: Color

Recording format: 720p

Original language: French

Subtitles available: French (France), English, Spanish, Catalan, Italian, Portuguese.

Logline

On the path to enlightenment, awakening can be brutal.

Synopsis

A man meditates by the sea, seeking inner peace and serenity. But as his thoughts rise toward the harmony of the universe, the reality of the modern world is about to bring him brutally back down to Earth.

Technical sheet

Director, screenwriter and editor

Stéphane Gagnon

Assistant director

Jean-François Robichon

Vocals

Stéphane Gagnon

Universe video generated with artificial intelligence
Kling AI.

Special effects created with Blender.

Contact

Stéphane Gagnon

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Links

Official website

sgkinoite.com/filmographie/agad-om

Trailer

<https://youtu.be/pLxc-M-I95s>

IMDb

<https://www.imdb.com/title/tt40823578>

Director



Stéphane Gagnon

Originally from Québec City (Canada), Stéphane Gagnon has been passionate about audiovisual arts since childhood. He trained himself in screenwriting and directing, and became known as a filmmaker in 2013 within the Kino movement in Québec, where he was active until 2016.

He participated in several creative labs — Kinomada (2014), Cabaret Kino de Québec (2015), St-Casimir (2015, 2018, 2025) and Kino Barcelona (2025) — prioritizing experimentation, solidarity, and spontaneity, characteristic of the Kino spirit.

Since 2016, he has continued to explore cinema with the same creative freedom, nurtured by an artisanal and profoundly human approach to short films.

Director's statement

The idea for *Agad Om* was born from a well-known Québec experience: the arrival of spring. After long winter months, everyone eagerly awaits the return of good weather. Yet this transition period also brings its share of inconveniences, notably splashes of dirty water — sometimes called “gadoue” — capable of ruining an otherwise promising day.

From this simple situation, I wanted to create a contrast between the search for calm and serenity and the sudden intrusion of the real world. The film opens in a contemplative atmosphere where a man seems to reach a form of inner peace, before the banality of daily life interrupts this moment.

The title reflects this contrast: it evokes both the meditative mantra “Om” and the popular sound of “gadoue.” *Agad Om* thus stands at the intersection of the spiritual and the ordinary, between the quest for serenity and the surprises of life.

Cast

The meditator



Jean-François Robichon is a violinist and actor, collaborator in independent cinema. Alongside his musical career, he participates in various short films as a musician, actor, and assistant director. He notably contributes music to films by Luis Dion-Dussault and Stéphane Gagnon (SGKinoite).

Active on screen since 2013, he appears in several independent productions.

In *Agad Om*, he plays **The Meditator**.

Movie Stills

