



*Cultivating the Spirit for Better Health*

## **Press Release**

**For Immediate Release**

Contact: Sylvia Goodeve

[press@taoist.org](mailto:press@taoist.org)

+1 416 817 8560

### **Fung Loy Kok Taoist Tai Chi™**

#### **2015 International Awareness Day Celebration**

#### ***Better Balance through Taoist Tai Chi® Practice***

More than 1000 people from around the world will come to Toronto on August 13, 2015 to celebrate 45 years of *Taoist Tai Chi®* practice together.

(TORONTO— 1 June 2015) Free introductory sessions for the public, presentations from international, national, and local dignitaries, and colourful dragon dances will mark Fung Loy Kok Taoist Tai Chi International Awareness Day on **Thursday, August 13**, to be held in downtown Toronto's Yonge-Dundas Square starting at 9:00 am. A detailed schedule is available at <http://www.taoist.org/iad/>.

***Spectacular photo opportunities will be available as Taoist Tai Chi® arts are practiced by hundreds of people together, dragons dance, and members of the public try tai chi for the first time. You are also welcome to film one of your reporters trying one of our "give tai chi a go" sessions.***

Our theme **Better Balance through Taoist Tai Chi® Practice** is founded in the Taoist understanding of good health as the refined balance of the whole person. There is no separation between spirit, mind and body. *Taoist Tai Chi®* practice works towards this aim of complete balance. The Harvard Medical School's publication [\*The health benefits of tai chi\*](#) is clear that "Tai Chi improves balance and ... reduces falls (as) the ability to sense ... one's body in space – declines with age. ... Fear of falling can make you more likely to fall". *Taoist Tai Chi®* arts are a moving meditation which enhances balance with its emphasis on awareness, stillness and reduction of daily life stresses and anxieties.

In 2015, we celebrate 45 years of better balance through all the forms of *Taoist Tai Chi®* practice, thanks to Master Moy Lin Shin, who began teaching in Toronto in 1970 to promote the health and spiritual benefits of *Taoist Tai Chi®* arts. Today, more than 40,000 members in 26 countries around the world feel the benefits of the internal arts of health that he taught. Awareness Day coincides with an annual, week-long international program at our International Centre in Mono, Ontario. More than 700 instructors and participants from around the world attend.

**For more information, visit <http://www.taoist.org>, call +1 (416) 656-2110  
or e-mail [press@taoist.org](mailto:press@taoist.org).**

**Fung Loy Kok Taoist Tai Chi™** - [www.taoist.org](http://www.taoist.org)

Head Office 134 D'Arcy Street Toronto, Ontario, Canada M5T 1K3  
Tel: (416) 656 2110 Fax: (416) 654 3937 Email: [headoffice@taoist.org](mailto:headoffice@taoist.org)