



*Fung Loy Kok Taoist Tai Chi™ Health Recovery Program*

*Celebrating 15 Years*

*Helping people through the practice of the Taoist Tai Chi™ internal arts of health.*



*Master Moy Lin Shin  
1931 - 1998  
Founder of the  
International Taoist Tai Chi Society  
and Fung Loy Kok Institute of Taoism*

The Health Recovery Program was made possible through Master Moy Lin Shin's tireless efforts to pass on the gift of his internal arts of health to others, his system of accredited volunteer instructors, and his worldwide fund raising activities.





## MEDICAL DIRECTOR'S MESSAGE

In 1997, the Health Recovery Program at the *Fung Loy Kok Taoist Tai Chi™* International Centre opened. Over the ensuing years, it has played an important role in making the benefits of the *Taoist Tai Chi™* internal arts of health available to everyone, no matter their present health circumstances.

Every month, people from around the world come to participate in a week long residential program. For some, it is their first experience of this art. Each person leaves with a renewed conviction that we can all make a real difference in our own health, and with a clear sense of how to go about it. Instructors gain in experience as they teach those with significant health problems.

This program at the Centre is inextricably linked to all classes offered in the 26 countries where branches of our organization are found. It is at the club level that students find the continued instruction and sense of community needed to support their ongoing practice.

A great deal has been accomplished in the last fifteen years. There is much to celebrate. For all of us, it is a privilege to share with others the insights offered by this art into the maintenance and recovery of health. Happy anniversary everyone.



*Bruce McFarlane MD*

*Medical Director*

*Health Recovery Program*

*Fung Loy Kok Taoist Tai Chi™ International Centre*



Master Moy Lin Shin was a Taoist monk who studied and trained extensively in traditional arts of health and longevity in China and Hong Kong before he came to North America in 1970. He applied his insights into the workings of human physiology, internal circulation and spiritual training to the practice of tai chi and other traditional internal arts, in order to make them even more effective for restoring and maintaining health.

Master Moy's goal of helping people regain their health has inspired the establishment of over 500 member locations of the International Taoist Tai Chi Society around the world.



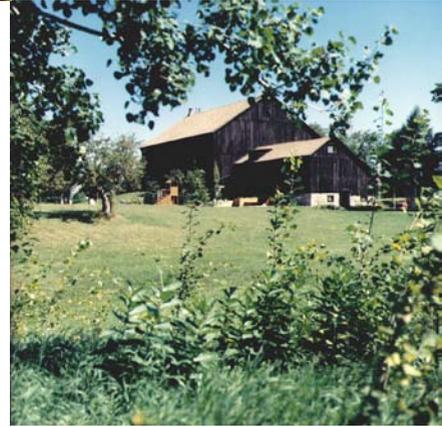


Master Moy overlooking the original barn and greenhouse at the International Centre around 1984 before the Health Recovery building was constructed.



## THE HISTORY OF THE CENTRE

In the early 1980's, as the Society expanded to include more members as well as communities across North America, Master Moy challenged the Society to purchase a rural centre that could serve as a gathering place and training facility for all those studying this art. The search for a property began, and in 1984 the Centre was purchased. This was a large financial undertaking for what was still a young organization, but through the extraordinary volunteer and fund raising efforts of many, initial renovations were completed and the Centre immediately became a focus for the entire organization.







Remarkably, the debt on the property was paid off within four years. Always moving forward, Master Moy then announced an ambitious plan of expansion intended to not only increase the capacity of the facilities but to also allow for a wider variety of services for members as well as the community at large.







Over time, volunteers worked to beautify the property by installing gardens and gazebos. To accommodate programs for people with disabilities, the Health Recovery building was constructed and then opened in 1997. The Health Recovery Program at the Centre had a new home.







Master Moy felt that continuing instructors should lead health recovery classes. This is what happens at the health recovery weeks offered monthly at the International Centre and less frequently at other international sites. At the club level, health recovery classes are sometimes led by a beginner instructor mentored by a continuing instructor.

These classes are attended by people with health challenges that range from Parkinson's disease, stroke, multiple sclerosis and brain injury to arthritis, fibromyalgia, back pain, stress and the effects of aging. These classes are thriving and a key contributor to our organization's success.







In 2007, members and guests from around the world gathered to celebrate the largest expansion to date - the Grand Opening of the Quiet Cultivation Centre that included the Great Hall of the Three Religions, the Hall of the Original Constellations, meditation suites, and a new and much larger practice hall. As with past expansions, this one served to broaden and deepen the programs offered at the Centre, and we look forward to continued growth in the years to come.





The Great Hall of the Three Religions; Taoism, Buddhism and Confucianism



## TRANSFORMING BODY AND MIND

In 1970, Master Moy Lin Shin arrived in Canada with the goal of making the Taoist Arts he learned growing up in China and Hong Kong available to all who wished to benefit from them. Since ancient times, the aim of these arts has been to help practitioners return to a natural way of living, allowing them to recover harmony within themselves and with the world around them. Taoists recognized that this transformation of the spirit engages every aspect of our lives, including both mind and body. Their spiritual techniques became renowned for the way they help keep the body flexible, strong, relaxed and healthy through all the years of life. These techniques include arts of stillness in movement, such as Tai Chi and Lok Hup Ba Fa, and arts of movement in stillness, such as the postures of Taoist meditation. Even the ceremonies practised in Taoist temples are powerful forms of exercise. The effectiveness of all these arts can be seen today in the countless stories of how *Taoist Tai Chi™* internal arts of health have helped people of all ages and abilities attain high levels of health and well-being, sometimes despite serious challenges. For Master Moy, making these benefits available to all, regardless of background or belief system, was his life's work.







To attain the most profound transformation, the Three Religions of Taoism, Buddhism and Confucianism teach that students must integrate their training into all the activities of daily life — “walking, standing, sitting and sleeping” is a common Taoist expression that Master Moy used regularly, reminding us that the opportunities to cultivate ourselves are everywhere. Master Moy’s goal in developing the Quiet Cultivation Centre was to create an environment that would help practitioners discover these opportunities to train and make them part of their lives. At the heart of this plan, he hoped to make the Centre a place of service to the community. According to Taoism, it is only when we are serving others that our minds can become truly quiet and we can realize true health. Inspired by Master Moy’s example, it is our hope that everyone, regardless of background or belief system, feel welcome to explore, benefit from and become a part of this unique and remarkable community.







## PROMOTING THE HEALTH RECOVERY PROGRAM

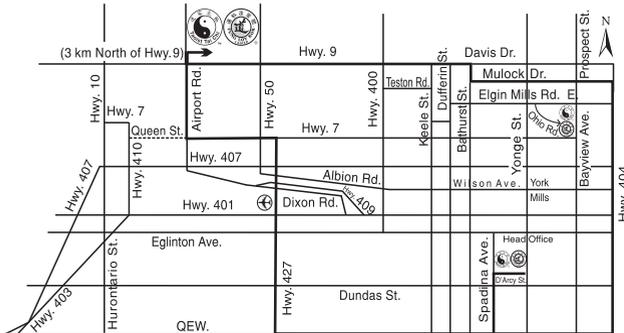
Health recovery days and health recovery weekends are offered several times a year. Participants experience the *Taoist Tai Chi™* arts first hand, hear remarkable stories of health improvement, share a meal together, and tour the peaceful grounds. These events, open to members and non members, including health practitioners of all disciplines, provide a taste of the benefits offered by a week long program.





Sharing the health benefits of this art,  
Dr. Bruce McFarlane speaks at a “Health Recovery Day” at the Centre.





Location:

The *Fung Loy Kok Taoist Tai Chi™* International Centre is located one hour from downtown Toronto. Follow Airport Rd. 3 km. north of Hwy. 9 and turn right on Sideroad #5.

For more information about the Health Recovery Program, please phone or email the program office or visit our website: [www.taoist.org](http://www.taoist.org)

The *Fung Loy Kok Taoist Tai Chi™* International Centre is a facility of the Fung Loy Kok Institute of Taoism, a registered charitable organization (#11893 4371 RR0001).

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