



Cultivating the Spirit for Better Health

Press release

For immediate release

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Fung Loy Kok Taoist Tai Chi®
2016 International Awareness Day

Making better connections

More than 1000 people from around the world will gather in Toronto on August 11 to share the benefits of Taoist Tai Chi® practice.

(TORONTO: August 9): Taoist Tai Chi® arts offer a powerful opportunity to unplug from our phones, tablets and computers, and connect with life. Our practice, classes, temples and international centres promote peace and offer people oases of quietness.

On **Thursday August 11** more than 1000 practitioners from 25 countries will be gathering in Toronto's Yonge Dundas Square from 9am till 12pm to share these arts and their personal stories of health and transformation. (A detailed schedule is available at <http://www.taoist.org/awarenessday/>)

The square will be filled with colourful and spectacular sights as hundreds of people practise Taoist Tai Chi® arts together, huge dragons weave through the crowds, pipe and samba bands add to the entertainment, and members of the public try tai chi for the first time. We will help any media representatives who wish to try Taoist Tai Chi® practice or even take on the challenge of being a dragon leg or wielding a sword or sabre.

The hundreds of participants at the square will travel to Fung Loy Kok's Wong Dai Sin temple in Markham for a celebration of the four international and national awards the Taoist temple has won for its architectural beauty. ***The festivities beginning at 2pm will include lion dances and the announcement of the winners of a photo competition with categories for public and professional images of the temple and a top prize of CAD\$1000.***

In the Taoist tradition, the health of a person depends on the connections between body, mind, spirit, and other people. Taoist Tai Chi® practice gives us the tools to renew these connections within ourselves, and then as we become better people we help make the world more harmonious through our interactions with family, friends, and our communities.

Canada is the birthplace of Taoist Tai Chi® practice, thanks to Master Moy Lin Shin, a Taoist monk who began teaching in Toronto 46 years ago to promote the health and spiritual benefits of Taoist Tai Chi® arts. Now more than 40,000 participants in 25 countries feel the benefits of the internal arts of health that he taught.

Awareness Day coincides with a week-long international program at our International Centre in Mono, Ontario. More than 700 volunteer instructors and participants from around the world attend. We would be pleased to facilitate any media visits to our International Centre, which has a magnificent Chinese temple set among beautiful grounds.

For more information, visit taoist.org, call +1 (416) 656-2110, or email press@taoist.org

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