

Taoist Tai Chi Society of Canada

North York

Newsletter

HOME



Issue 1/2002

History

Tai Chi is a sequence of 108 slow natural movements specifically designed to improve one's health by reducing bodily tension, improving circulation and breathing, and calming the heart and the mind. In each movement the entire body is exercised in a balanced and harmonious fashion. There is no undue strain on any part of the body. Since it was developed by the Taoist monk Chang San-Feng in 12th Century China, Tai Chi has become one of the world's most popular exercise systems and is practiced by millions of people of all ages.

Taoist Tai Chi was first introduced to North America in 1970 by Master Moy Lin-shin (1931-1998). He had studied the Taoist arts of health and longevity for over 30 years in China and Hong Kong. Master Moy's vision of helping people regain their health inspired the establishment of 500 Taoist Tai Chi Society locations in 29 countries.



Take a look at our second location - 5521-B Yonge Street, Lower Level just south of Finch - which was further south of our present day spot.

The Taoist Tai Chi Society of Canada is a non-profit, charitable organization with over 50 clubs across Canada and affiliates in the U.S., Europe, Australia and Hong Kong. The Society offers courses in Taoist Style Tai Chi which are taught by qualified volunteer instructors. The Society also provides a variety of programs and workshops in related Taoist disciplines.

About the North York Tai Chi Club

North York has 144 members, including 35 new members as of 1 June 2002. 14 instructors work out of the North York Club. And Diana Harney is the Area - External Class Coordinator and is an instructor. Please call 416-224-5311 to obtain our class schedule.

The North York contributes to the community by holding Toronto Catholic District School Board sanctioned ESL (English as Second Language) classes. Christine Wong currently teaches 16 students from 1:00 to 3:00pm daily.

This newsletter is published quarterly by the North York location. Photos courtesy of the North York archive; with recent photos taken by Jennifer Cohen and Sharon Hammer. Mike Brassard assisted with layout design. Please contact us with suggestions or comments at 416-224-5311.

For more information contact:

North York 416-224-5311

Toronto 416-656-2110

Orangeville International Center 519-941-5981

Visit our club website

www.taoist.org/locations/canada/ontario/northyork/northyork.htm

Visit our national website www.taoist.org

e-mail: north.york.on@ttcs.org

The Aims and Objectives of the Taoist Tai Chi Society

To make Taoist Tai Chi available to all.
To promote the health-improving qualities of Taoist Tai Chi.
To promote cultural exchange.
To help others.



GROUP PHOTO 1979

Building Fund

The North York Tai Chi Club was formed in 1979. Sean Dennison, seen front row center is still practicing Tai Chi - in Florida. David Frame is seen standing by the window.

The North York Club is raising money for a building fund for a purchased or a leased location. The target is \$500,000.00. North York's lease is expiring on 31 December 2003. If a suitable location is found, a move is planned.

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WORKING ON - 'Tor-yu's' and 'Dan-yu's' Some participants are wearing the North York Club Intensive T-shirt. Marjorie Black, not shown, won a North York T-Shirt at the 13 April Open House - Intensive Class fund raiser.

Banquets

Banquets provide opportunities for members across the entire Central Region to meet and socialize. The Central Region hosts the annual HSB (Holiday Season Banquet) in December and the Chinese New Year Banquet. The Fung Loy Kok Institute of Taoism hosts the Mother's Day Banquet and the post - Chinese New Year Lantern Festival in Orangeville. Master Moy's original intent of social gathering of clubs to promote 'cultural exchange' is alive and well with these events which attract upwards of 650 people per event. Forty North York Club members and 10 ESL students attended the 2001 Holiday Season Banquet.

Cultivation Centre

The Central Region has a five year plan to raise \$50,000.00 for the International Taoist Tai Chi cultivation Centre in Orangeville. Most of this money is raised through Intensive Classes revenue. The North York Club is holding an Intensive Class on Friday 12 July 2002. The suggested donation for this event is \$20.00.

Take a look at us today

Our present address 4116 Yonge Street - 2nd floor, up the stairs, located mid-way between Finch and Steeles.





SPECIAL APPEARANCE - Toni giving a demonstration. (Identical twin as photographer caught on film!)



OPEN HOUSE - from left to right - back row: Hilda/Jeanne; middle row: Markus/Diana; front row: Hans/Sandra with instructor Gary Staples outlining Taoist Tai Chi health benefits.

Upcoming Events

June 23	North York Club Meeting - All Welcome
July 14	North York Friday Intensive
Aug 17	North York Open House - Intensive Class
Aug/Sep	CNE Demonstrations - Tai Chi volunteers needed Feed the homeless Branch Council meeting
Sept 7	Awareness Day
Sept 21	Chi Ping Dance Group - Volunteers needed
Nov 30	Holiday Season Banquet

North York Tai Chi Club Class schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C-9:00-10:30 B-10:00-11:30	B-11:00-12:30	C-9:30-11:30		C-9:30-11:30 B-11:00-12:30		Open 10-11:30
	C-7:00-8:30 PM	C-7:30-9:00PM	B-7:00-9:00PM C-7:30-9:00PM	C-7:30-9:00PM		
C is Continuing Class; B is Beginners Class						