



## Proclamation

### *Taoist Tai Chi®* arts 50th Anniversary Day November 7<sup>th</sup>, 2020

**Whereas**, 2020 is the 50<sup>th</sup> anniversary of the *Taoist Tai Chi®* arts in Canada that promote the ancient practices of Taoism, which enrich mental, spiritual, and physical well-being. Many people who practice these arts share their experience of this practice which enhanced their social and spiritual connections, helped relieve pain, reduced stress, improved posture, circulation, and balance; and

**Whereas**, 50 years ago, in 1970, Master Moy Lin Shin, a Taoist monk, began teaching the *Taoist Tai Chi®* path in Toronto, Canada; and

**Whereas**, today, Fung Loy Kok Institute of Taoism, together with its affiliates around the world, have trained volunteer instructors offering *Taoist Tai Chi®* practice continuously for 50 years, and currently, to more than 40,000 participants in numerous locations throughout 26 countries including 11,016 participants in over 330 locations in Canada with 1200 instructors; and

**Whereas**, Fung Loy Kok Institute of Taoism and its affiliates practice the *Taoist Tai Chi®* arts as a path to ultimate transformation, using the guiding principles of compassion, virtue, and wisdom, in all we do. This practice works to alleviate pain and suffering to the individual, thereby reducing the financial burden on health services in the communities where *Taoist Tai Chi®* practice is offered; and

**Whereas**, it is altogether fitting and proper that Canada, with its diverse population and appreciation for all cultures moving together in harmony, and its commitment to improving the wellness of its workforce and all residents, should set aside a day to recognize the Fung Loy Kok Institute of Taoism in its endeavour to bring these arts which promote good health, the richness of Chinese culture, and a greater understanding and respect among all peoples.

**Therefore**, I, Mayor Mike Savage do hereby proclaim November 7, 2020, as *Taoist Tai Chi®* arts 50th Anniversary Day in the Halifax Regional Municipality in recognition of Fung Loy Kok's remarkable journey of 50 years.

Dated at Halifax, Nova Scotia  
This 28th, day of September 2020



  
Mike Savage  
Mayor