**Taoist Tai Chi Society of the USA & International Center Florida**

**Fact Sheet**

**What are Taoist Tai Chi® arts?**

The origin of the Taoist Tai Chi® arts can be traced back to the earliest periods of Chinese history. From its beginnings, Taoism has sought to return body and mind to their original nature, to harmony with the Tao. As an expression of this, physical arts have always been an integral part of its teachings. As it evolved over the centuries and millennia, Taoist masters and practitioners continued to develop these arts and worked to pass them on to their students, enriching the tradition of physical and spiritual cultivation.

**What is the Taoist Tai Chi Society?**

A volunteer, nonprofit, charitable organization. It is an affiliate of the Fung Loy Kok Institute of Taoism, which has over 42,000 participants in 26 countries. We bring together people of different languages and cultures in a worldwide community focused on following the aims and objectives established by its founder, Master Moy Lin Shin.

**Founder Master Moy Lin Shin**

Master Moy Lin Shin, a Taoist monk, dedicated his life to alleviating suffering by helping others cultivate themselves through the Taoist arts. Master Moy synthesized a powerful system for cultivating body, mind and spirit based on Taoist teachings as well as training he received from respected teachers in China and Hong Kong. In 1970, he immigrated to Canada where he immediately began teaching Taoist Tai Chi® arts to all who wished to learn.

Master Moy was always careful to point out that these teachings are more than a set of movements. They are a form of spiritual cultivation and a way of life. When he passed away in 1998, he left a clear legacy for his students. In a spirit of learning and working together, his students have continued to develop these teachings in order to share them with others. Master Moy’s vision was for these arts to help people and relieve suffering for generations to come. He passed on this responsibility to the directors of the organizations he created.

**International Center Florida – Dunedin**

This is the second International Center in North America – the first was opened in Mono Mills, Ontario, Canada in 1984.

The new Center in Dunedin is 12,000 square feet and is located directly next to the newly renovated and re-opened Fenway Hotel. The Center will host our participants from all over the world several times throughout the year for practice and various opportunities to train and develop the Taoist arts and the organization. People will also use the facility for daily classes, along with sessions, programs and various events. Visitors are always welcome.

The official Grand Opening of the Center is Saturday, November 3, 2018 at 3 p.m. The ribbon cutting will take place at 4 p.m. Over 500 participants from all over the world will be in attendance to help celebrate this ground-breaking event.

**Health Benefits of Taoist Tai Chi**

In the Taoist tradition, a person’s well being depends on the harmony of body, mind and spirit. Taoist training integrates all these aspects leading to transformation of the whole person. For most people this begins with a series of movements – 108 movements to be exact.

The Taoist arts include a rich variety of practices that have been passed down over the ages. All can be understood as different forms of meditation. Some focus on “movement within stillness,” and include walking, standing, sitting and lying postures. Others focus on “stillness within movement” and include Tai Chi, chanting, ceremonies and many other related practices.

**Strength Flexibility Stillness**

Taoist Tai Chi® arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels.

**Stress Reduction**

Taoist Tai Chi® arts reduce stress and have a beneficial effect on many conditions, from sore backs to mental health issues. They teach us how to be “mindfully still”.

**Pain Relief Through Taoist Tai Chi® arts Program**

These programs that we offer can help people with many chronic and serious health problems, including Multiple Sclerosis, Parkinson’s disease, stroke and brain injury, asthma, anxiety, depression, as well as the stresses of daily life.

These programs are day, weekend, and week-long experiences of the Taoist Tai Chi® arts and are open to everyone. They have proven extremely effective as complementary therapy and many people have seen their conditions improve.

For more information visit [www.taoisttaichi.org](http://www.taoisttaichi.org)

Additional resources on the health benefits of Taoist Tai Chi arts:

Taoisttaichi.org

<https://www.taoisttaichi.org/health-recovery-program/>

Harvard Medical School

<https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>

Berkeley Wellness – University of California

<http://www.berkeleywellness.com/healthy-mind/stress/article/benefits-tai-chi>

Using Tai Chi to Build Strength - New York Times

<https://www.nytimes.com/2018/09/10/well/move/using-tai-chi-to-build-strength.html>