



Fung Loy Kok Institute of Taoism
Cultivating Balance **RECEIVED**



FEB 18 2020

ADMINISTRATION DEPT
CITY OF LANGLEY
February 18, 2020

Langley City Council members,

Please consider if you're able to complete the attached Proclamation.

Please send reply to:

Judie Sahadeo
109-20448 Park Ave.
Langley, BC V3A 4N3

judiesahadeo@shaw.ca

More information can be found at www.taoist.org.

Thank you,

Judie Sahadeo
Judie Sahadeo

604-534-6741

Registered Charity #11893 4371 RR0001

Fraser Valley Branch, P.O. Box 75242, White Rock, Surrey, BC V4A 0B1

Tel: (604) 507 0700 Email: fraservalley@taoist.org

www.taoist.org

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Whereas, 2020 is the 50th 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.

Now, Therefore, I, _____(Mayor, City Official, etc) do hereby proclaim November 7, 2020, as Taoist Tai Chi® arts 50th Anniversary Day in _____(City, Town, Province) in recognition of Fung Loy Kok's remarkable journey of 50 years.

Abbotsford
604.795.4040

Abbotsford Christian Elementary School
3939 Old Clayburn Rd
www.taoist.org/locations/abbotsford-old-clayburn
fb@FLKCanadaAbbotsfordOldClayburn

Beginning Class Start Anytime
Wed 6:45 - 8:45 pm

Practice for Continuing Students
Wed 6:45 - 8:45 pm

Trinity Memorial United Church
33737 George Ferguson Way
www.taoist.org/locations/abbotsford
fb@FLKCanadaAbbotsford

Beginning Class Start Anytime
Thu 10 am – noon

Continuing Class
Thu 10 am – noon

Start Classes Any Time!

Please check our website for the most up to date schedule: www.taoist.org/fraservalley
This schedule is subject to change.



Over 50 years of experience
because it works.....

Aldergrove
604.507.0700

OAP Hall - 3015 – 273rd St.
www.taoist.org/locations/aldergrove
fb@FLKCanadaAldergrove

Beginning Class Start anytime
Wed 10 am-noon

Chilliwack
604.795.4040

Evergreen Hall, Slesse Rm
9291 Corbould St
www.taoist.org/locations/chilliwack
fb@FLKCanadaChilliwack

Beginning Classes Start Anytime

Tue 9:30 - 11:30 am
Wed 7:00 - 9:00 pm

Sat 10:30 am-12:30 pm

Continuing Classes

Tue 9:30 - 11:30 am
Sat 10:30 am - 12:30 pm

Langley
604.507.0700

Murrayville Community Hall
21667 - 48th Ave
www.taoist.org/locations/langley
fb@FLKCanadaLangleyHall

Beginning Classes Start Anytime

Wed 1:00 - 3:00 pm
Thu 10 am - noon
Thu 7:00 - 9:00 pm

Continuing Classes

Wed 1:00 - 3:00 pm
Thu 10 am – noon
Thu 7:00 - 9:00 pm

Pain Relief Class

Thu 10 am – noon

Fraser Valley Branch Class

2nd Thur each month - All are welcome
Chanting 9 - 10 am
Class 10 am –12:30 pm

✓ **Douglas Recreation Centre**
20550 Douglas Crescent
www.taoist.org/locations/langley-downtown
fb@FLKCanadaLangleyDowntown

Beginning Class Start Anytime
Mon 10 am – noon

Murrayville Community Library
#100 - 22071 48th Ave.
www.taoist.org/locations/langley-murrayville-library
fb@FLKCanadaLangleyLibrary

Continuing Classes

Mon 7:00 - 9:00 pm
Sat 10 am – noon

Surrey
604.507.0700

Ocean Park Hall - 1577 – 128th St.
www.taoist.org/locations/surrey
fb@FLKCanadaSurrey

Beginning Class Start Anytime
Fri 12:00 - 2:00 pm

Continuing Class
Tue 12:30 - 2:30 pm

White Rock
604.507.0700

Elks Hall – 1469 George St.
www.taoist.org/locations/white-rock
fb@FLKCanadaWhiteRockElksHall

Beginning Classes Start Anytime

Wed 10 am - noon
Wed 7:00 - 9:00 pm

Continuing Classes

Mon 10 am – noon
Wed 7:00 - 9:00 pm

White Rock Community Centre
15154 Russell Ave
www.taoist.org/locations/white-rock-community-centre
fb@FLKCanadaWhiteRockCommunityCentre

Pain Relief Class

Thur 2:00 - 3:00 pm

“Taoist Tai Chi® practice has most strongly impacted my emotional & mental health – less anxiety & depression and an improved ability to relate to others.”
Ann, Coburg, On

OUR MISSION

To Alleviate Suffering

Our mission is to alleviate suffering through the practice of the Taoist training that Master Moy Lin Shin transmitted to us.

OUR AIMS & OBJECTIVES

To Make the Taoist Arts Available to All

We are dedicated to bringing the Taoist arts to every community, so that its many benefits are available to all who wish to experience them.

To Promote the Taoist Concept of Health through the Practice of the Taoist arts

Practiced diligently, the Taoist arts cultivate good health as understood by Taoism. Our efforts are directed at making these benefits better known and understood, in order to promote physical, mental and spiritual wellbeing in the community.

To Promote Cultural Exchange

Through the Taoist arts and other activities, we endeavor to make the richness of Chinese culture more accessible, and thereby promote greater understanding and respect among people.

To Help Others

The foundation of the Taoist arts is compassion. Our underlying charitable orientation is in keeping with the Taoist values of selflessness and service to others. Our inspiration is the example set by our founder, Master Moy Lin Shin, who dedicated his life to helping others without seeking personal gain. For this reason, all of our instructors are volunteers, and all of our branches operate on a non-profit basis. We also perform other services within the community and assist other charities whenever possible.

Taoist Tai Chi® arts

Promoting Vitality & Well – being
&

Reducing costs
to Public Health Care Services

The Taoist arts are a gentle practice that can be done by anyone. Data collected in a survey of over 6000 of 12,000 Canadian participants showed how practice can improve individual health resulting in reduced cost to our health care system.

- ✓ fewer doctor & allied health visits, less medication, less pain, cancelled surgeries (hip, knee, shoulder, back).
- ✓ More than 50% reported improved mood and increased energy.
- ✓ 96% reported improvement in balance.
- ✓ 81% reported health improvements within one year of practice.

Read the full reports here.

www.taoist.org

“It changed my life. After 2 months of Taoist Tai Chi® practice – no more pain! This is after 10 years of chronic pain.”

Mac, Vancouver, BC

2020-01-02

Pacific Region Contributions

	1 Month	4 Months	12 Months
Adult	\$50	\$175	\$475
Senior (65+)	\$40	\$135	\$375
Student (full-time)	\$40	\$135	\$375

Beginning Options

	1st Month	4 Month Beginning Package
Adult	\$70	\$175
Senior (65+)	\$60	\$135
Student (full-time)	\$60	\$135

Please keep your contributions current. 4 and 12 month discounts apply to contributions paid in advance, not to those owing. Once registered you may pay contributions online through the Participant Access System (PAS) or in person with cash or cheque. If cash, kindly bring the exact amount.

As a participant in good standing you are welcome to attend as many classes as you wish at any of our locations in British Columbia, Canada or around the world.

How Do I Start?

- Choose a class
- Arrive 15 minutes early
- Meet your instructor
- Wear comfortable clothes and flat shoes
- Have Fun!

Fung Loy Kok Institute of Taoism™ is a volunteer run, registered charity active in 26 countries.

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Facebook: @TaoistCanada
 Instagram: @taoist_canada
 Twitter: @taoist_canada

Taoist Tai Chi®



**Fung Loy Kok
Institute of Taoism**

**Fraser Valley Branch
Schedule**

Winter 2020



www.taoist.org

fraservalley@taoist.org