

[View this email in your browser](#)



大多倫多中華文化中心
Chinese Cultural Centre of Greater Toronto

May 2024



The origin of Tai Chi is unclear, and the roots can be traced back to the 12th century, attributing its creation to the legendary Zhang Sanfeng (張三豐). Tai Chi, 太極, is an ancient Chinese form of martial art that is focused on slow but intentional movements of a practitioner's body. Some view it as a form of gentle exercise, a form of meditation, or martial arts. Over centuries, it has undergone changes drawing inspiration from various martial arts and philosophical traditions; Under various masters, five different styles have emerged based on five traditional schools: Chen,

benefited from the meditative and deep internal breathing and conscious movements of the physical body and the Chi. Practitioners claim that they have increased flexibility, developed muscular strength, and improved their cardiovascular fitness. The emphasis on postures, movements, and breathing encourages practitioners to develop awareness of their physical body while simultaneously drawing them into the harmony of their Chi, to which some describe it as an active moving form of meditation that connects a practitioner with his/her higher self.

In China, Tai Chi is deeply ingrained in the cultural fabric. It is practiced in parks and gardens, passed down through generations, and celebrated as a part of the national cultural identity. Its influence extends beyond physical exercise, penetrating beyond traditional medicine, philosophy, and even performing arts.

In martial arts films, Tai Chi is often portrayed as a powerful fighting style, capable of defeating even the most formidable opponents. For example, in the 2013 "Man of Tai Chi" further showcased the West's growing fascination with this ancient Tai Chi practice. These cinematic portrayals have contributed to a broader understanding of Tai Chi as a holistic practice, promoting both physical and mental well-being.

In the 1970s, a Taoist monk Moy Lin-shin moved to Canada with the mission of spreading the understanding of Taoism and Tai Chi. He started teaching Tai Chi in Montreal and Toronto. Since then, Tai Chi has become a popular form of exercise in Canada.

On April 27, 2024, World Tai Chi Day was commemorated at the Chinese Cultural Center of Greater Toronto, which was organized by Wushu Ontario. World Tai Chi Day is celebrated annually across over 80 nations. Its significance lies not only in the promotion of health but also in its ability to bridge divisions. It brings people together irrespective of race, economic status, religious beliefs, or political ideologies.

Tai Chi transcends time and culture. Whether practiced in the serenity of a park or witnessed on the grand screen, Tai Chi continues to inspire and captivate its practitioners and audience, reminding us of the profound harmony between body, mind, and spirit that is within our reach.

CCC P.C. Ho Theatre Highlights



Into The Woods Jr. by ARTSies Inc.

Date: Tuesday, May 21 & Wednesday, May 22

Time: 6:30-8:00pm

Venue: CCC P.C. Ho Theatre

Informations: A family-friendly musical performed by a Teen performance company! This is a perfect way to expose children to the magic of live theatre!

Free entry for CCC members

Get Ticket for May 22



Cathedral Bluffs Symphony Orchestra

Date: Saturday, May 25

Time: 8:00pm

Venue: CCC P.C. Ho Theatre

Program:

Martin MacDonald, conductor

Joelle Crigger, violin

Bruch Violin Concerto No. 1 in G minor, Op. 26

Mahler Symphony No. 1 in D major *Titan*

CCC Learning



Chinese Calligraphy - In Person

Date: Every Monday

Venue: CCC Learning Centre

Time: 10:15 am to 11:45 pm

Language: Cantonese

Class: June 3 to August 19, 2024

Fee: \$86 (10 classes)



Chinese Calligraphy - Virtual

Date: Every Saturday

Venue: Zoom

Time: 10:30 am to 12:00 noon

Language: Cantonese

Class: June 1 to August 17, 2024

Fee: \$86 (10 classes)



Tai Chi / Qi Gong (TC/QG0324)

Date: Every Tuesday

Venue: CCC ABCD Room

Time: 11:00 am to 12:00 nn - Tai Chi

7:30 pm to 8:00 pm - Tai Chi Fan

8:00 pm to 9:00 pm - Tai Chi (English)

Language: Cantonese



Qi Gong Practice

Date: May 14, 2024

Venue: CCC ABCD Room

Time: 10:00 am to 10:30 pm

Language: Cantonese



大多倫多中華文化中心
Chinese Cultural Centre of Greater Toronto

Let's Connect

5183 Sheppard Avenue East,
Toronto, Ontario, M1B 5Z5 Canada
Telephone: 416-292-9293
Email: info@cccgt.org

Copyright © 2024 Chinese Cultural Centre of Greater Toronto, All rights reserved.

You received this e-mail message from the Chinese Cultural Centre of Greater Toronto (CCC) because you requested for our e-newsletters and e-mail updates, or you are in association with CCC and consented to receive them. You can update your preferences or unsubscribe from this list also by notifying us by e-mail at info@cccgt.org.

This email was sent to leojar2002@gmail.com

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Chinese Culture Centre of Greater Toronto · 5183 Sheppard Ave E · Toronto, ON M1B 5Z5 · Canada