



A Tribute to Master Moy Lin-Shin

**Cochrane, Alberta – Oct 20-22, 2023
Regional Workshop, Tribute, and the
CTCA Annual General Meeting**



It has been 25 years since our founder and leader, Master Moy, Lin-shin, passed away. It is with profound respect that we honour his memory and his teachings.

Master Moy was a Taoist monk who studied Tai Chi, Qigong, Lokhupbafa, Xing-I and Bagua in Hong Kong. After emigrating to Canada, he began teaching internal martial arts in a small studio in Toronto.

When he found that his students needed to regain their health more than they needed to learn how to fight, he changed his teaching to better serve that need. He modified the Yang Style Tai Chi 108-move set to emphasize turning, stretching, rising and falling, expanding and contracting, borrowing principles from Lokhupbafa, Bagua, Xing-I and QiGong. In addition, he taught supplemental exercises not generally associated with tai chi.

Master Moy was always attentive to the needs of each student. He would change his methods to suit the students' needs, paying close attention to students with health problems. The instructors at the Academy aim to follow his example, helping each student follow his or her best path to the common goal of health improvement.

Master Moy passed away in Toronto, June, 1998.

Workshop Leaders

David de Belle, Paul Clarke, Sherri Nettleton, and Robin Fulford.

Workshop Content

- An Exploration of Tai Chi
- Tribute to Master Moy
- CTCA Annual General Meeting

Bring your own water bottle as we will not be supplying plastic bottles of water.

Registration

Cost for the weekend is \$75.00. CTCA instructors and continuing members only. No daily registration. Fill out the accompanying registration form and return to: register@taichicochrane.ca .

Lodgings

You are responsible for booking your own lodgings. There are a number of hotels in Cochrane that are of interest, though the most commonly used in the past is the Super 8.

Contacts

workshop@taichicochrane.ca

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CANADIAN TAI CHI ACADEMY

Tai Chi Workshop & AGM

Regional Workshop
for CTCA Instructors and Continuing Students

- **Two Day Weekend Workshop**
- **October 20-22, 2023 (Fri-Sun)**
- **Cost: \$75 members**



LOCATION: SENIORS ON THE BOW FACILITY
AT SPRAY LAKE SAWMILLS CENTRE
2ND FLOOR, 800 GRIFFIN ROAD EAST,
COCHRANE, ALBERTA

FRI: 4 PM - 6 PM MEET & GREET

SAT: 9:30 AM - 8 PM (OPEN EVENING)
(REGISTRATION 9:30 AM)
(WORKSHOP COMMENCE 10 AM)
(TRIBUTE TO MASTER MOY 4:30)
(DINNER 5:30)

SUN: 10 AM - 4 PM
(LUNCH 12:00 FOLLOWED BY AGM)

Maximum 50 Participants

Information

workshop@taichicochrane.ca

To Register

register@taichicochrane.ca



Saturday pot luck lunch.
Saturday dinner \$30.
Sunday lunch.

Please Register by October 10th