

Tai Ji Men Brings Vibrant Energy and Blessings to Toronto's East York Canada Day Festival

Celebrating Canada's 159th Anniversary

TORONTO, CANADA, July 15, 2026 /EINPresswire.com/ -- Celebrating the historic milestone of Canada's 159th anniversary, people across the country came together in a vibrant display of patriotic pride on July 1, 2026. In the Greater Toronto Area, the highly anticipated highlight of the day was the 70th Annual East York Toronto Canada Day Festival. As the region's oldest and most cherished holiday tradition, the parade kicked off at Dieppe Park, weaving down Cosburn Avenue in a wave of grand festivities before concluding at Stan Wadlow Park. Distinguished leaders in attendance included Toronto Mayor Olivia Chow, City Councillor Brad Bradford, and Member of Parliament Nathaniel Erskine-Smith.

The internationally acclaimed non-profit cultural organization, Tai Ji Men, returned to this historic event this year, adding a brilliant cultural flair to the Canada Day celebration. Following their spectacular debut last year, Grandmaster Dr. Hong, Tao-Tze personally led a 100-member delegation back to the parade. Spreading positive energy and blessings, the group delivered an extraordinary performance that



Toronto Mayor Olivia Chow joins Tai Ji Men Grandmaster Dr. Hong, Tao-Tze and his dizi for a group photo after participating in the 70th Annual East York Canada Day Parade.



Tai Ji Men Grandmaster Dr. Hong, Tao-Tze leads approximately 100 dizi in participating in the 70th Annual East York Toronto Canada Day Festival, celebrating the 159th Canada Day.

seamlessly blended ancient Eastern wisdom with Western elements, drawing enthusiastic cheers and applause.

A Cross-Generational "Energy Family" Showcases Balance, Strength, and Grace

This warm, close-knit "Energy Family" spanned three generations, with members ranging from 9 to nearly 80 years old. Coming from all walks of life, these practitioners showcased incredible agility, radiant vitality, and courageous smiles—a direct result of their dedicated qigong practice—that profoundly moved onlookers.



Tai Ji Men dizi deliver blessings from the phoenix—the celestial symbol of harmony and prosperity—radiating warmth, love, and light while wishing health and happiness to the world.

Tai Ji Men transformed traditional qigong and martial arts into an exhibition of immense strength and grace, offering a visual feast that conveyed a deep message of mental and physical harmony. Making its Canadian debut, the Hakka Cloth Horse Array featured a festive, traditional wedding procession. This display included unique folkloric characters—the scholar groom, bride, matchmaker, stable boys, a celestial crane, and a mythical clam—vividly showcasing the charm of traditional heritage.

Captivating the audience, the Cloth Horse Array featured six key performers over 70, with the eldest being 75. Despite Toronto's hottest Canada Day sun in years—with temperatures feeling like 40°C—they performed their humorous, gender-swapped roles with agility along the entire 2.1-kilometer route, proving the health and longevity fostered by qigong. Among them, 74-year-old Yi-Ping, who played the matchmaker, shared that the array's festive joy mirrors the warmth of the Tai Ji Men family, expressing her hope to continue spreading harmony, love, and happiness to all families.

Complementing the lively folk array was the powerful presence of the Mighty Joyful Drums. The thunderous, martial-arts-grade rhythms resonated with the pure smiles of the youth practitioners, embodying Tai Ji Men's core philosophy: inspiring people to maintain a pure, youthful heart when confronting life's challenges, and to courageously do what is right.

Jane, a 12-year-old member of the Joyful Drum Formation, shared how practicing Tai Ji Men Qigong transformed her from a shy, easily frustrated child into a healthier, stronger individual. She noted that the practice has helped her excel in all areas of her life and foster much better relationships with her friends.

Tai Ji Men showcased a diverse cultural repertoire. In the elegant Purple Phoenix Dance, female dizi portrayed the celestial creature of harmony to inspire inner peace. Meanwhile, the synchronized spinning umbrellas in the Silk Umbrella Dance visually symbolized the wisdom of shifting negative thoughts to positive ones. Together, these performances beautifully embodied Tai Ji Men's vision of promoting conscience, hope, and world peace.

Well-received Parade Entry and Cultural Performance

Tai Ji Men's profound cultural heritage and sincere blessings deeply touched both the spectators and the parade organizers. East York Canada Day Parade Coordinator Joanne Bailey highly commended the group, remarking, "I am absolutely blown away by your performance today. The synchronization and the discipline that everybody—from young to old—is showing was eye-popping. I thank you very much for coming to our event, and we hope to see you in the future. It's been amazing!"

"I love your message of peace and joy because that's what we need on Canada Day. We had people of all races dancing with Tai Ji Men, and they were happy and having just a great time out there. That is exactly what we need to bring people together," she added.

Zoe, an enthusiastic spectator at the parade, also praised the group, exclaiming, "They were the most beautiful group of people to walk by in the parade. Beautiful costumes, well done, and lots of positive energy! They really made the entire crowd come alive."

Deepening Roots in Toronto: A Golden Era Reaches a 60-Year Milestone

This highly successful appearance carries profound meaning for the local community, coming just under a year after Tai Ji Men established its presence in Canada with the opening of its Toronto location at 125 King Street East.

Yu-Ting, a Tai Ji Men practitioner living in Toronto, shared, "It's incredibly moving to see local friends get the chance to join Tai Ji Men. They have experienced profound transformations in both their physical and mental health, and we are so happy for them because we know they have found the right place."

Jason France, who started to practice qigong at [Tai Ji Men Toronto](#) just over a month ago, shared, "It's overwhelming the amount of support, love, kindness, and positive energy that emanates from every single Tai Ji Men person I've met. I really recommend that anybody who wants to improve or modify their behavior in a positive way, and needs some direction or support with that, this is the place to go."

The year 2026 represents a historic double milestone. As Canada honors its 159-year legacy, the Tai Ji Men Qigong Academy marks its own glorious 60th Anniversary! To celebrate this

momentous occasion, Tai Ji Men will host four grand celebratory galas in Toronto from October 2nd to 4th, 2026, promising an even more breathtaking, soul-stirring [cultural feast](#). Admission is free, but seating is limited. All are warmly invited to [reserve their tickets](#) early to experience this rare, uplifting cultural phenomenon.

MA HSIAO LAN
Tai Ji Men in Toronto
+1 416-848-6069
info@taijimen.ca

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