



# TAIJI POST



*Newsletter of the Peng You Taiji Quan Association  
Volume 25, No.1 - November 2021*

Taiji in the Park with Master Peng went ahead as usual this summer with appropriate safeguards such as masks, social distancing contact tracing, and so forth. Thanks to Brian Nieminen we were written up in the local paper: see below. Classes with Master Peng are now available at the Academy. Check our web site for further information, <https://www.pengyou-taiji.ca/>



This week marked the end of the free biweekly summer Tai Chi sessions led by Master Peng You at the Marina.

These Taiji gatherings have been a joy to many people, especially this summer, providing some relief from the pandemic, perhaps even symbolizing a light at the end of the tunnel.

Typically, once outdoor limitations allowed, as many as 30 to 40 people would join in, Tues evenings and Thurs mornings (with appropriate spacing of course).

Free summer Taiji with Master Peng has a 25+ year history in Thunder Bay going as far back as 1993 at Waverly Park, subsequently at others such as Hillcrest and Vickers, then finally settling at the International Taichi Park at the Marina.

Incredibly good weather, a stunningly beautiful location and a safe way to get exercise, relax mind and body, breathe fresh air and interact socially, this has been a life-saver to many who have been struggling through the pandemic.





# Christmas Gathering

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### **Editors Taiji Post:**

Doug Rabb  
Oliver Reimer

This year due to Pandemic restrictions once again we cannot have our annual Taiji Christmas dinner. Last year Master Peng arranged a Chinese takeout. Though it was very successful it did not do what our Christmas Party is supposed to do, which is to bring our Taiji family together for an annual celebration where we can see old friends and meet and welcome new members of the Association.

This year we will gather together outside at Taiji Park where we will visit and do Taiji together. Regular Covid Protocols (masks, social distancing contact tracing, etc) will be observed. There will be Taiji demonstrations as well, Taiji Hockey Stick, Fans, etc. Bring your own swords and fans. If you want to try Taiji Fan for the first time, fans can be purchased from Peng (phone 628-4305). Peng will be leading the simplified Fan Form we used at Canada Day 150, as well as our regular taiji forms, 8, 16, 24 and simplified Chen forms and Taiji Qigong Six Forms for Health.

Weather permitting the forms can be followed on Zoom for those who are unable to join us in person. A Zoom link will be e-mailed the evening before the event.

For those joining us in person, cookies and/or other Christmas baking will be provided by volunteers. If you want a hot drink to warm you up please bring a thermos from home or stop by McDonald's or your favorite takeout on the way to the Taiji Pad. We will provide recycling and trash bags for your empty cups etc. See you there!

Sunday December 5th any time between 1:30 and 3:30,

Winter Storm Date: Sunday December 12th 1:30 - 3:30

