

Weekly Tai Chi Your Residents Will Love

Balance, strength, and calm — taught by a Chen-lineage master with five San Diego senior communities already on board.



A calm, social hour your residents will look forward to every week.

THE PROGRAM — 60 MINUTES, ON SITE, WEEKLY

- 1 Qigong Breathing & Gentle Warm-Up**
Slow breathing and joint-friendly movement to settle the mind and wake up the body.
- 2 Tai Chi Walking**
Balance, stepping, and weight transfer — the building blocks of confident, fall-resistant movement.
- 3 Chen-Style Tai Chi**
Gentle Chen-style movements, taught step by step at a comfortable group pace.
- 4 Open to Every Resident**
Seated options always available. No experience, no special clothing, no equipment needed.

Residents build balance and leg strength and enjoy a calm, social hour.

MEET YOUR INSTRUCTOR



Peter Wu

Certified Tai Chi instructor
Balance Martial Art

- **Disciple of Grandmaster Chen Xiao Xing**, 19th-generation holder of the Chen family Tai Chi lineage
- Trained with **Grandmaster Chen Xiao Wang** and with Shaolin monks
- **ICMAC gold medalist** — Tai Chi hand form and push hands
- Certified **international Tai Chi coach and referee**

TRUSTED BY FIVE SAN DIEGO COMMUNITIES

Vi at La Jolla Village • The Glen • Belmont Village • Casa Aldea • Wesley Palm

Peter Wu

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