

Testimonials

Angela has been a tutor at North Sydney Community Centre for many years, in recent years she has run her "Enhance Life with Energy" seminar for our Seniors Day event and throughout the term.

This workshop in particular has received fabulous feedback from students, they have found it to be insightful and helpful in their daily lives, striving for better health.

Angela is extremely knowledgeable and puts information in a way that is clear and well received by students of all ages.

*Susan Howieson,
Director, North Sydney Centre*

Learning Tai Chi with Angela as my teacher and guide is sheer joy and pleasure. Angela is an inspired teacher, and both challenges me and gently encourages me to extend my skills and abilities further than I thought possible.

*Jill,
Tai Chi Student, Sydney*

There are very good reasons why millions of people have practiced Qi Gong & Tai Chi for thousands of years.

Traditional Qi Pty Ltd

**Qi Gong & Tai Chi
Institute Australia**

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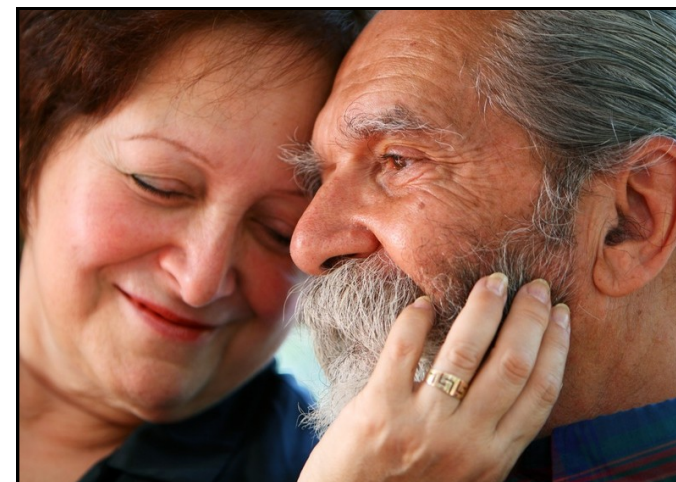
Web: www.traditionalqi.com



**QI GONG & TAI CHI
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**Enhance Life with
Energy**



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Who We Are

We are Traditional Qi, a natural health practice based on Traditional Chinese Medicine.

Our principles are ***prevention and wisdom***.

More than a Qi Gong and Tai Chi institute, we are a Traditional Chinese Medicine practice, providing a solid theoretical and practical base to everything we do.

What We Do

- Enhance Life with Energy workshops for seniors
- Qi Gong and Tai Chi classes for seniors
- Retreats
- Seminars
- Teachers Course
- Acupuncture

Our Clients

- Federal Court of Australia
- Mosman Evening College
- WEA
- North Sydney Community Centre
- Macarthur Girls High School
- NIDA
- Cancer Council
- Schizophrenia NSW etc.

Angela Tian Zhu

Angela Zhu is principal of Traditional Qi Pty Ltd and Qi Gong & Tai Chi Institute Australia. She is a qualified practitioner of **Traditional Chinese Medicine (TCM)** and a National Accredited Qi Gong and Tai Chi instructor.

Angela specialises in applying acupuncture and the exercises of Health Qi Gong and Tai Chi to promote mental and physical health, healing and personal well-being.



Angela was born in Beijing, and followed in the footsteps of her grandfather, father and mother to become a TCM practitioner. She has practised in China and Europe and has been in practice in Australia since 1992.

Enhance Life with Energy - Workshops & Benefits

Our workshops and classes focus on ***prevention and wisdom*** with Traditional Chinese Medicine (TCM).

Workshops for seniors

- Daily life and health tips for strengthening energy
- Prevention of dementia and other problems
- Four season care for seniors health
- Daily self care and health Qi Gong tips

Benefits

- Improved balance and leg strength for falls prevention
- Overall health and wellbeing
- Reduced anxiety & stress
- Lose weight / prevent obesity
- Help prevent depression
- Better quality of life

Locations

Workshops can run in a variety of locations:

- With Traditional Qi (various locations)
- At your centre, group or seniors centre
- With a group of friends at your location