

Benefits

- Reduce stress
- Increase energy
- Increase concentration
- Relax the mind and body
- Create peace

Testimonial

Angela Zhu Tian from Traditional Qi and Qi Gong & Tai Chi Institute, Australia has run a presentation for Court staff as well as Tai Chi classes which were attended by staff and judges of the Court. Those who attended both the presentation and the classes responded enthusiastically to them. Angela is an exceptional presenter and creates great rapport with participants. She not only translates her subject matter into practical advice but motivates people to put what they learn into practice.
Charles White, Director Human Resources, Federal Court of Australia

*Charles White,
Federal Court of Australia*

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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**QI GONG & TAI CHI
INSTITUTE AUSTRALIA**



**Tai Chi & Qi Gong for
Events & Seminars**



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INSTITUTE AUSTRALIA**

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

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

Our Clients

- Federal Court of Australia
- Cancer Council
- Schizophrenia NSW
- Mosman Evening College
- WEA
- North Sydney Community Centre
- NIDA 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.

Tai Chi & Qi Gong Break at Conferences & Seminars

Tai Chi & Qi Gong are energy exercises to help to

- Relax
- Energise
- Focus
- Circulate energy and blood

Health Presentations at Conferences & Seminars

Presentations on practical benefits of Tai Chi and Qi Gong exercise and using Traditional Chinese Medicine theory and yin-yang philosophy to:

- Understand how mental and physical health interconnect so we can care for each with the other
- Be aware of how the natural environment can affect our mental and physical health - how simple changes can bring profound results

Harmony • Health • Peace
Energy