

## Mental Health Programs

Workshops cover:

- How TCM teaches us the connections between the organs and the emotions
- How our inner and emotional environment affects our Qi
- How the external environment affects our mental health
- How to address emotional problems
- How to prevent emotional problems arising
- Health Qi Gong practical exercises

## Locations

Workshops run in a variety of locations, or can be taken **online in your own home** (via Skype):

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

*“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, student*

*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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## Mental Health Program



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## Who We Are

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.

## Our Clients

From small community groups to large corporate firms, our recent clients include:

- Schizophrenia NSW
- Federal Court of Australia
- NIDA
- Cancer Council
- WEA & Evening Colleges
- Macarthur Girls School

## What We Do

Our focus is on TCM theory and Health Qi Gong & Tai Chi to promote good mental and physical health for the community.

- Mental Health Workshops and Courses
- Corporate Health Programs
- Health Qi Gong and Tai Chi Classes
- Schools Exams and Health Program
- Seniors' & Mums' Health Programs
- Online Learning Qi Gong and Tai Chi
- Qi Gong and Tai Chi Teachers' Course

## 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.

## Mental Health Program - Benefits

Our workshops and classes focus on *prevention and wisdom* with TCM.

TCM theory covers how to use the wisdom of yin-yang philosophy to live a happy and healthy life.

The practice of Health Qi Gong and Tai Chi rebalances the flow of Qi in our bodies to keep us strong and resilient both mentally and physically.

### *Prevention and Wisdom*

- Understand how **mental and physical health interconnect** so we can care for each with the other
- Understand how our **mental and physical energy** affects our **inner environment**
- Be aware of how the **natural environment** can affect our **mental health** - how simple changes can bring profound results
- Use Health Qi Gong to **smooth the flow of Qi** - regulating blood & removing stagnation
- Use the wisdom of yin-yang philosophy to bring **harmony, peace and a balanced mind** to prevent harmful extremes