

## Benefits

- Reduce **absenteeism**
- Improve the **health** of your workforce
- Reduce **anxiety and stress**
- Avoid **depression**
- Increase **productivity** & concentration

## 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**



## Workplace Programs with Tai Chi & Qi Gong

- *Workplace Classes*
- *Half Day Health Programs*



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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

- 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.

## Half Day Programs

Half day programs can be **tailored** to suit the needs of your workplace, incorporating some or all of the following:

- Tai Chi & Qi Gong energy exercises and tips for daily life to **reduce anxiety** and stress
- Using TCM theory to help **mental and physical health** (how the emotions and organs interconnect, how the inner and outer environments interconnect)
- Understanding yin-yang philosophy with two directions to foster balance in the individual and **harmony** in the workplace
- Qi Gong exercise to help good **posture**
- Learn to strengthen the vital energy (Qi) to **prevent sickness**

## Workplace Classes

Regular classes in the workplace improve mental and physical health and bring benefits to the whole workplace.

- No special clothing required
- No experience necessary

***Bring Health and Harmony to the Workplace***