

What is Guo Lin Qi Gong?

Also known as “Walking Qi Gong”, this form was invented by Guo Lin (1909-1984).

Guo Lin was diagnosed with cancer in the 1940s and underwent extensive surgery.

Using the traditional Qi Gong her grandfather had taught her and her knowledge of TCM, she developed a new form to aid in her recovery now known as Guo Lin Qi Gong. After a full recovery she began to teach to the public.

Following the success enjoyed by many other patients, in 1977 she approached the National Health Department to advocate a new approach to cancer combining the strengths of western medicine, traditional Chinese medicine and Guo Lin Qi Gong.

In 1982, with government support, she built a new hospital to carry her work further which has assisted thousands of cancer patients.

Guo Lin died in 1984 of a sudden stroke.

Angela's compassion, dedication and formidable expertise were pivotal in my recovery from prostate cancer. I will always owe her a debt of gratitude for her care and guidance.

Joseph, Sydney

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

Traditional Qi Pty Ltd

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QI GONG & TAI CHI
INSTITUTE AUSTRALIA



Guo Lin Qi Gong & Cancer



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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 Health 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

- Teach Qi Gong & Tai Chi, specialising in Guo Lin Qi Gong
- Enhance Life with Energy workshops
- Retreats & Seminars
- Seniors' & Mums' Health Programs
- Mental Health Workshops and Courses

Our Clients

- Mosman Evening College
- WEA
- North Sydney Community Centre
- Macarthur Girls High School
- NIDA
- Cancer Council
- Mental Health Assn. NSW
- Schizophrenia NSW etc.

Angela Tian Zhu

Angela Zhu is principal of Traditional Qi Pty Ltd and Qi Gong & Tai Chi Institute Australia. In 1992 she qualified at the Guo Lin Qi Gong Research Association in Beijing, China as a coach of Guo Lin Qi Gong.

Angela also practices acupuncture and teaches various Tai Chi and Qi Gong forms promoting health, healing and personal well-being in the community.



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.

How Guo Lin Qi Gong Works

Guo Lin Qi Gong works by keeping the energy strong to help the **immune system**, maximising our own organs' powerful ability to help deal with **illness and cancers**.

1. Breathing and walking – two breaths in, one breath out maximises the body's ability to carry **oxygen to kill cancer cells**
2. Adjusting the channels to tonify (enrich) the blood and energy for a **stronger immune system**. Guo Lin Qi Gong adjusts the bio-electric current to help kill the cancer cells
3. Guo Lin Qi Gong is like a walking meditation, helping to **relax, reduce anxiety** and maintain a positive and balanced inner environment

Guo Lin Qi Gong helps ease the **side effects** of medical treatment and promotes **better sleep** and a **healthier appetite**.

Locations

Workshops, classes or private sessions 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