White Tiger Qigong

Transform Mind-Body Fitness in Your City

Lead the movement that brings ancient Qigong mastery into modern gyms, Pilates & yoga studios, and holistic wellness centers with the **5 Force Fit Instructor Program.**

JOIN 5 FORCE FIT



The Winter Flow of 5 Force Fit Has Arrived

A Winter-Inspired 5 Force Fit Flow Designed for Strength, Fluidity, and Nervous-System Recovery

Now featuring the Winter Sequence—a deep restoration flow available for a limited time.

4 Signature Sequences

Experience Yin Flow, Yang Flow, Bamboo Body, and HIIT—each uniquely blending mobility, flexibility, and strength to transform your fascia and full-body vitality.

Master Qigong Instructor

Train with Tevia Feng, White Tiger Qigong founder—mentor to world champion athletes and Les Mills Master Instructors, with and 70,000+ students taught.

5-Forces Framework

Every class activates the Physical, Energetic, Mental, Spiritual, and Social forces for total mind-body transformation.

Teach-Day-1 Certification

Pre-scripted Yin & Yang flows, neuro-acoustic soundtracks, and official licensing—lead your own classes immediately after assessment.

Developed in partnership with education experts

HARVARD UNIVERSITY

CIRQUE DU SOLEIL

Stanford University

The 5 Fundamentals Forces of Transformation

This program will help you become a stronger, healthier, happier version of yourself.



Physical Force

Builds greater strength, flexibility, mobility, balance, and coordination.



Mental Force

Reduces stress and cultivates a positive mindset by improving focus, mental clarity, and inner toughness.



Spiritual Force

Helps you be more present, overcome self-doubts, and find your s purpose by practicing deep mindfulness.



There's a gap in the fitness market.

Qigong is in demand, but nobody is making it easy to access — and that's good news for you



We have the utmost respect for traditional forms of qigong, but we believe today's gym owners, yoga studios, fitness trainers, and everyday students need a streamlined, focused approach they can use to get into qigong and make fast progress without years of practice...

When we created the 5 Force Fit Instructor Training, we consulted with education directors and professionals at world-renowned universities, artistic performance companies, modern neuroscience institutes, and sports science experts.

This certified qigong based instructor training program helps fitness trainers and enthusiasts rapidly improve their skills, confidence, and teaching approach with functional qigong practices.

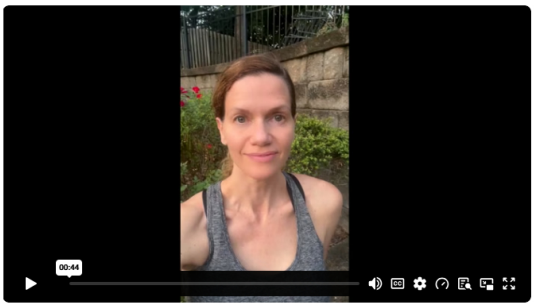
We help you change your life first so you can help others make changes that last.

You can complete the training — developed in partnership with education experts from Harvard and Stanford — in just four weeks.

When you finish the official assessment, you'll walk away as a fully certified 5 Force Fit instructor. You'll be able to teach 5 Force Fit classes immediately and incorporate proven healing techniques from qigong into your own fitness regimes, training sessions, and coaching services.



What Our Students Are Saying



★★★★★

"It's not just fitness—it's transformation from the inside out."

Carolyn McGrath



★★★★★

This training deepened my understanding of the Yin-Yang balance—not just in theory, but as a felt experience in the body. I learned to trace the...

Read More

Dawn Dagres (Owner DGOWHEELS.com)



A valuable asset to any fitness regimen.

I am honored to have had the opportunity to experience the 5 Force Fit course, masterfully crafted by the renowned Master Instructor Tevia Feng. This program stands out as an impeccably designed system that skillfully caters to a diverse range of practitioners, from beginners to those at an advanced level.

As a Personal Trainer with over two decades of experience and a background as a Studio Fitness Director, I can confidently say that this course is a valuable asset to any fitness regimen.

- Stacy McKinney, Personal Trainer since 1998





Meet your instructor: Tevia Feng

- Trained in over 50 forms of qigong with renowned Chinese Masters
- Named a top-3 Qigong Instructor in Indonesia
- Published 3 books on the art and science of qigong
- Has trained 60,000 students internationally, including world champion athletes, martial artists, fitness instructors, and medical doctors.

For a long time, I struggled to find useful everyday applications for qigong in my life...

But after training in over 50 forms of qigong, I created "functional qigong" training programs for the modern student to help people make significant gains in their physical and mental health — without having to train intensively for years.

I don't wish to be the face of White Tiger Qigong because I prefer to keep the focus on what really matters...

Helping people build strength in their mind and body, learn to let go of the stresses of modern life and discover a more peaceful, positive, and powerful version of themselves.

I look forward to meeting you on our live Q&A call and helping you reach your full potential as a certified qigong instructor.



Join 5 Force Fit and unlock over $600 in bonuses

BONUS 1: Qigong Academy Blueprint ($500 Value)

Discover a practical strategy for qigong instructors and fitness trainers to grow their business. We'll show you how to build a successful brand, improve your marketing, and drive sales through social media and advertising.

BONUS 2: Essential Qigong Theory ($50 Value)

Get more familiar with the foundational concepts of qigong so you can add more depth and expert detail in how you think, teach, and talk about qigong practices.

BONUS 3: Beginners Mindset Course ($50 Value)

In addition to the proven cognitive benefits of qigong, you'll get access to our beginner-friendly Mindset Course to help you develop mental fortitude and focus.

BONUS 4: One month free access to The White Tiger Qigong Instructor Network ($28/mo subscription)

The White Tiger Qigong Instructor Network (QIN) is an exclusive community that offers ongoing support, accountability, teaching materials, and marketing tools to help you grow as an instructor and scale your training business. You'll have access to a library of 50+ Qigong masterclasses, monthly live trainings, special discounts on gear, and the support of our global qigong community. You get the first month free, and can cancel anytime.

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Lead the movement that brings ancient Qigong mastery into modern gyms, Pilates & yoga studios, and holistic wellness centers.



5 Force Fit

$549.00

Blending strength, flexibility, mental resilience, and holistic well-being. Built for modern studio settings, this program integrates functional movements with techniques based on ancient Qigong practices, designed for rapid progress.

- Pre-scripted Yin & Yang Flow classes — teach on Day 1
- Neuroacoustic soundtracks — drop students into flow-state in minutes
- White-label marketing kit — fill classes without hiring an agency
- Live Q&A with Master Tevia Feng — get feedback tailored to you
- Official assessment, licensing & 5 Force Fit certification
- Lifetime vault of teaching resources (class scripts, sequences, music)

Four 45-Minute Sequences
Over $600 of bonuses

ENROLL NOW →



14-Day Money-Back Guarantee
If you are unsatisfied for any reason, let us know within 14 days of your purchase, and we'll issue a refund immediately.

Frequently Asked Questions

What is the main difference between 5 Force Fit and Traditional White Tiger Qigong? +

How quickly can I learn 5 Force Fit compared to Traditional White Tiger Qigong? +

Is there a cross-promotional strategy for participants who start with 5 Force Fit and want to learn Traditional Qigong? +

What kind of results can I expect from practicing qigong regularly? +

What are the unique benefits of each program? +

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★★★★★ **5.0** · 28 Google reviews