Eleven Pieces of Brocade: Unlock Three Exclusive Exercises in Our Special Workshop with Tevia Feng



Step into a transformative experience with White Tiger Qigong's Founder, Tevia Feng, at our unique Eleven Pieces of Brocade Workshop. This event goes beyond typical training, offering a deep dive into a monastic form of the 8 Pieces of Brocade, now expanded to Eleven Pieces with three exclusive exercises rarely shared with the public.

Combined with the latest insights from sports science and neuroscience, this workshop provides a holistic approach to health and wellness that's accessible to everyone.

JOIN THE WORKSHOP

Special Offer ×

The Eleven Pieces of Brocade Workshop - Master Ancient Wisdom and Modern Science for Total Wellness

LEARN MORE

White Tiger Qigong proudly offers an unparalleled version of Ba Duan Jin that is not available publicly and vastly differs from versions found online. This workshop will cover:

🌺 **Unique Monastic Forms:** Experience the exclusive Yin form of Ba Duan Jin, which preserve the depth and integrity of their monastic roots.

🌀 **Gain Theoretical Insights:** While practicing the accessible Yin form, you'll also learn about the Yang form, laying the groundwork for more advanced studies.

🙏 **Three Exclusive Exercises:** Learn three additional exercises that no other program offers, enhancing your practice and understanding of Qigong.

🎁 **BONUS Material Included:** Access our Beginners Mindset Course for even more support. ($49 value)



Bridging Ancient Wisdom and Modern Science

- **Traditional Chinese Medicine**: Each movement of the Eleven Pieces of Brocade is linked to specific organs and meridians, offering targeted health benefits as per Traditional Chinese Medicine.
- **Sports Science Integration:** Understand how these ancient practices enhance flexibility, strength, and endurance from a sports science perspective.
- **Neuroscientific Foundations:** Discover how Ba Duan Jin influences brain health, enhancing mental clarity and emotional well-being.

Connect and Transform

Experience the Eleven Pieces of Brocade workshop at your own pace with lifetime access to the full recording

Special Offer ×

Join our community of dedicated Qigong practitioners and experience the power of mindful movement guided by expert instruction.

This recorded workshop offers detailed demonstrations, personalized adjustment tips, and practical insights to help you deepen your practice—whether you're new to Qigong or refining your technique.

Available Now:

- Full Workshop Recording plus PDFs
- Stream Anytime
- Guided Instruction by Master
- Instructor Tevia Feng
- Duration: 3 hours

You'll discover how to enhance mobility, restore inner balance, and cultivate a calm, focused mind—all from the comfort of your home.

At White Tiger Qigong, we strive for excellence in every teaching moment.

This on-demand workshop is your opportunity to unlock lasting wellness and harmony under the guidance of **Tevia Feng**.

Special Offer ×

Meet Your Instructor: Tevia Feng

Learn from Tevia Feng, a seasoned instructor with a rich background in martial arts and the healing arts of Qigong. Tevia combines his extensive knowledge with a heartfelt passion for teaching, ensuring that the traditional wisdom of Qigong is accessible to all, without losing its profound essence.



- Trained with Top Chinese Masters of Qigong
- Published 3 books in multiple languages on the art and science of Qigong
- Named a top-3 Qigong Instructor in Indonesia
- Has trained 70,000 students internationally, including world champion athletes, medical doctors, and terminally ill patients.

"I was born with chronic illness. My family was plagued by disease and illness. The odds were against me. If that was not bad enough, for years I struggled with terrible back pain as a result of an injury from a car accident. A day didn't go by where I didn't feel bad. Maybe worse than the actual pain was the pain I felt from life seeming to pass by me, from missing so many family events, activities, and experiences while lying on my back in bed. I suffered mental anguish and despair.

It's so easy for body pain and emotions to take complete control of your life. And it can be so frustrating using standard prescriptions, hoping that each new effort will bring relief.

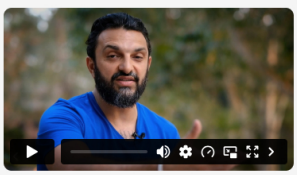
That's when I experimented by combining my years of research into cutting-edge sports science and anatomy with simple, easy-to-do Qigong exercises. I discovered that this unique method not only provided instant relief, but also deeply relaxed me and strengthened my back so much that I now feel half my age.

The result was dramatic and it gave me my life back. And it has for hundreds of my students, as well."

Special Offer ×

What Our Students Are Saying

Insights From Those Who've Experienced The Fusion



★★★★★



★★★★★



★★★★★

The Qigong Breathwork Master Course gave me a solid

Special Offer ×

"I haven't come across a course or a training that is as professionally delivered as White Tiger Qigong."

RAJA KHAN | LAWYER/INVESTOR

"My expectations were exceeded in just the first day! I feel an absolute difference in my body in after just...

JULIE CONNELLY

foundation in breathwork, deepening my understanding of its complexities and its connection to the autonomic nervous system. I'm grateful for the benefits and deeper insights I've gained.

STEVE GAUTREAU

★★★★★ **5.0** · 28 Google reviews

Special Offer ×

CHOOSE HOW YOU START

One course, or the whole path

Get this course and own it forever, or start the full White Tiger practice free for 7 days.

THIS COURSE

Eleven Pieces of Brocade Workshop

Own it forever

$47 one-time

Pay once. No subscription.

- ✓ **A stronger body and a calmer mind in minutes a day**
- ✓ **Lifetime access** plus all future updates
- ✓ Learn at your own pace, on any device

Get the Course — $47

One-time payment. Yours for life.

OR

7-DAY FREE TRIAL

WHITE TIGER MEMBERSHIP

Foundation

This course + the full Level 1 path

Monthly | Annual

$39 /month

Billed monthly. Cancel anytime.

- ✓ **Eleven Pieces of Brocade Workshop included** — plus all 4 Core Foundations
- ✓ **Level 1 of all four systems** — Dragon Meridian, 8 Trigram, 5 Element, Breathwork
- ✓ Healing courses: Back Pain, Fear, Gentle Qigong
- ✓ The White Tiger community

Start 7-Day Free Trial

No charge for 7 days, then $39/month. Cancel anytime.

Secure checkout · 7-day free trial on membership · Lifetime access on courses

Special Offer ×

100% MONEY BACK GUARANTEE

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.

Special Offer ×

Developed in partnership with education experts

HARVARD UNIVERSITY

CIRQUE DU SOLEIL

Stanford University

Frequently Asked Questions

How long will this take to complete? +

How long will it take me to get good at the exercises? +

Is this suitable for someone over 60 years old? +

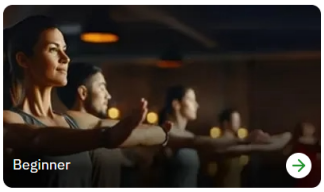
Can experienced Qigong practitioners learn anything from this course? +

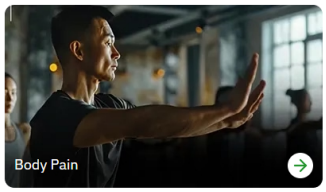
What kind of results can I expect from practicing Qigong regularly? +

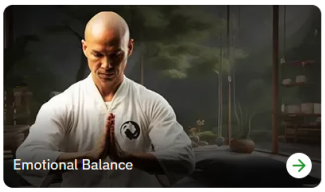
Special Offer ×

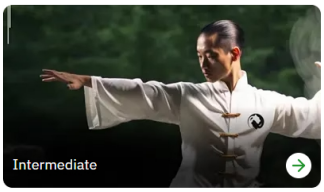
LOAD MORE

You May Also Like





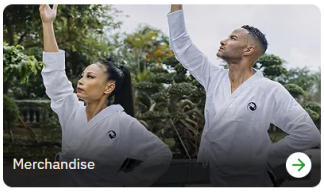












★★★★★ **5.0** · 28 Google reviews

White Tiger Qigong

Learn & Courses
- Qigong Training Path
- Membership
- All Qigong Courses
- Emotional Balance
- Body Pain
- Teacher Training
- Instructors
- Events
- Free Webinar
- Free Ba Zi Chart

About & Connect
- Home
- Blog
- Podcast
- Who We Are
- About Tevia Feng
- Private Sessions with Tevia Feng
- Testimonials
- Contact

Student Resources
- My Courses
- Community

Policies & Support
- FAQs
- Terms of Service
- Privacy Policy
- Refund Policy
- Shipping Policy
- Our Position on AI

Affiliates & Store
- Affiliate Program
- Shop Merchandise
- Gift Card