

White Tiger Unleashed in Vietnam



Complete Schedule for January 8-20, 2024

Day 1: January 8th

Morning Session:

- Welcome and Course Overview
- About Tevia
- A Journey into the History of Taoist Sexual Alchemy
- Introduction to White Tiger Qigong

Afternoon Session:

- Setting Intentions and Expectations for the Course
- Qigong Theory

Day 2: January 9th

Morning Session:

- Foundational Qigong Breathwork for Sexual Alchemy
- The 5 Elements
- Exploring the Five Elements theory and its relation to sexuality

Afternoon Session:

- The 3 Treasures
 - Understanding the Three Treasures and their connection to sexual energy
 - 3 Treasures Qigong
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Day 3: January 10th**Morning Session:**

- The 3 Harmonies
- Exploring the Significance of the 3 Harmonies in Taoist Sexual Alchemy

Afternoon Session:

- Foundational Sexual Alchemy Qigong
 - Girdle Vessel Qigong
 - Dragon Back Qigong
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Day 4: January 11th**Morning Session:**

- White Tigress Sexual Alchemy: A Unique Practice
- Techniques and practices specific to men
- Ejaculation control

Afternoon Session:

- Balancing Sexual Energy: The Taoist Perspective and Modern Science on Ejaculation
 - Slow Entry
 - Mastering Ejaculation Control: A Five-Step Guide for Men
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Day 5: January 12th**Morning Session:**

- Advanced Techniques for Men
- Frequency and Health
- The Four Attainments: Elongation, Swelling, Hardness, and Heat

Afternoon Session:

- Training the Four Pillars of Male Sexual Vitality: A Fusion of Medical Science and Taoist Wisdom
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Day 6: January 13th

Morning Session:

- Advanced Techniques for Women
- Ovarian Qigong
- White Tigress Breast Massage

Afternoon Session:

- Techniques for Women and Men
 - Celestial Current Ascension
 - Celestial Current Ascension Partner Practice
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Day 7: January 14th

Morning Session:

- Inner Alchemy 1: Introduction
- Inner Alchemy Practice Session

Afternoon Session:

- White Tiger Qigong Exercises 1
 - Practical Application and Techniques
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Day 8: January 15th

Morning Session:

- Harmonizing Dragon Back for Couples
- Golden Elixir Qigong: Guidelines for Optimal Absorption

Afternoon Session:

- Exploring Taoist Intercourse
 - The Four Pillars of Erotic Union
 - The Nine Ways of Taoist Intercourse
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Day 9: January 16th

Morning Session:

- Inner Alchemy 2: Advanced Practices
- Inner Alchemy Meditative Session

Afternoon Session:

- White Tiger Qigong Exercises 2
 - Integrating Qigong into Daily Routine
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Day 10: January 18th

Morning Session:

- The Role of Sexual Energy in Spiritual Awakening and Enlightenment
- Sexual Alchemy for Longevity and Immortality

Afternoon Session:

- The Organ Qi Clock in Taoist Sexual Alchemy
 - Integration and Application
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Day 11: January 19th

Morning Session:

- Practical Applications of the Organ Qi Clock in Sexual Alchemy
- Strengthening Sexual Energy with Herbs

Afternoon Session:

- Ethical Considerations and Responsibility
 - Integrating Taoist Sexual Alchemy into Personal and Professional Life
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Day 12: January 20th

Morning Session:

- Course Recap and Summary
- Feedback and Q&A

Afternoon Session:

- Certification and Next Steps
 - Closing Ceremony
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Days Off:

- January 6th (Saturday)
- January 17th (Wednesday)

Note: The schedule is subject to adjustments based on the specific needs and dynamics of the course.