



Complete Schedule for January 3-15, 2024

**Day 1: January 3rd**

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 4th**

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

### **Day 3: January 5th**

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

### **Day 4: January 6th**

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

### **Day 5: January 7th**

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

### **Day 6: January 8th**

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

**Days Off: January 9th and 10th**

**Day 7: January 11th**

Morning Session:

- Inner Alchemy 1: Introduction
- Inner Alchemy Practice Session

Afternoon Session:

- White Tiger Qigong Exercises 1
- Practical Application and Techniques

**Day 8: January 12th**

Morning Session:

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

Afternoon Session:

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

**Day 9: January 13th**

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

**Day 10: January 14th**

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

**Day 11: January 15th**

Morning Session:

- Course Recap and Summary
- Feedback and Q&A

Afternoon Session:

- Certification and Next Steps
- Closing Ceremony

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