

Saturday, November 29th 2025 (Coming Soon!)

Energize | Method I (Tian Yuan)

Nourish | Method II (Di Yuan)

Revitalize | Method III (Ren Yuan)

Discover | Method VII & VIII (Tong and Ling Yuan)

Saturday, November 22nd 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, November 15th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, November 8th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, November 1st 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, October 25th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, October 18th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, October 11th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, September 27th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, September 20th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, September 13th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, September 6th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, August 23rd 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, August 16th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, August 9th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, August 2nd 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, July 26th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, July 19th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, July 12th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, June 28th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, June 21st 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, June 14th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, June 7th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, May 31st 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, May 24th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, May 17th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, May 10th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Discover | Method VII & VIII \(Tong and Ling Yuan\)](#)

Saturday, May 3rd 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Apr 26th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Apr 19th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Apr 12th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Apr 5th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Mar 29th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Mar 22nd 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Mar 15th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#) [Incomplete video due to technical difficulties]

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Mar 8th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Mar 1st 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Feb 22nd 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Feb 15th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Feb 8th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Feb 1st 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Jan 25th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Jan 18th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Jan 11th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)

Saturday, Jan 4th 2025

[Energize | Method I \(Tian Yuan\)](#)

[Nourish | Method II \(Di Yuan\)](#)

[Revitalize | Method III \(Ren Yuan\)](#)

[Center | Method V \(Zhong Yuan\)](#)