

Master Helen Liang - Advanced Liu He Ba Fa 2025

Module 1: Explore Yin & Yang as the Foundation of Internal Practice & Maintaining Health, Balance & Vitality (April 10)

Module 2: Cultivate Qi Through Breath, Intention & Movement that Harmonizes the Body and Heart-Mind (April 17)

Module 3: Build Internal Strength Through Structure, Intention & Energy Cultivation (April 24)

Module 4: Cultivate Strong Yet Flowing Movement & Adaptability as Qi Unites With Shen (May 1)

Module 5: Elevate Your Movement & Experience Lightness Without Losing Your Root (May 8)

Module 6: Flow with the Cycles of Change With Huan to Create Greater Adaptability, Resilience & Ease (May 15)

Module 7: Move Without Resistance & Embody Emptiness in Motion to Enter a State of Effortlessness & Ease (May 22)

Module 8: Explore Fu – the Art of Concealment – for Subtle Yet Strong Well-Timed Movement (May 29)

Module 9: Strengthen Your Practice through Integration, Consolidation & Flow (June 5)

Module 10: Understand the Relationship Between Liu He Ba Fa, Tai Chi, Xingyi & Bagua (June 12)

Module 11: Bring Form to Life With Shen to Transform Movement into a Living Expression of Intent, Energy & Awareness (June 26)

Module 12: Embody True Presence & Intent as You Master the Art of Effortless Power (July 3)

The Advanced Liu He Ba Fa Bonus Offering

In addition to Master Helen's transformative 12-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

When you register by Midnight Pacific on Thursday, March 13, you'll receive the bonuses below as an extra gift:

Exclusive Demonstration of Liu He Ba Fa Movements

Video With Master Chenhan Yang and World Tai Chi Champion Harry Zhang



In this exclusive video, you'll watch Master Chenhan Yang, the president of SYL Wushu Taiji Qigong Institute and a world-renowned Chinese martial arts master, perform selected movements from Liu He Ba Fa. Not only will you see the elegance and precision of these movements, you'll also witness their martial applications as he demonstrates them in action with a world Tai Chi champion. This is a rare opportunity to observe the depth, power, and versatility of Liu He Ba Fa through the eyes of another master and an elite champion — and to glean new insights and inspiration for your own practice!

Register by March 13 to claim this bonus before it expires.

Qi Permeating Technique for Energy Cleansing & Renewal

Audio Teaching by Helen Liang



Enhance your practice with a recorded audio session where Helen guides you through the Qi Permeating Technique — a powerful Qigong exercise designed to release impurities, clear stagnant energy, and revitalize your meridians. This technique is ideal to practice before Liu He Ba Fa to help you feel clean, refreshed, and energetically balanced. It can also be used anytime you need an energetic reset — whether to dispel fatigue, clear negative energy, or simply restore your natural vitality. With this guided audio, you can practice anywhere, anytime and deepen your connection to Qi flow for greater clarity, lightness, and wellbeing.

Register by March 27 to claim this bonus before it expires.

Plus... you'll receive these bonuses too!

Helen Liang's Personal Training Routine

Video Guide Featuring Essential Stretching, Warm-Ups & Drills



This private training video provides a behind-the-scenes look at the personal stretching, warm-up, and mobility drills that Helen uses to prepare her body for practice. This includes leg stretching techniques to improve flexibility, mobility, and control in your stances and kicks; shoulder and arm stretches to increase range of motion for smoother, more expansive movements; kicking drills to develop coordination, balance, and strength in the lower body; and essential warm-ups to activate the muscles, open the joints, and prepare the body for training. This is more than just a stretching routine — it's a peek into Helen's daily training that reveals how she maintains flexibility, power, and fluidity in her movements. This valuable resource is a helpful complement to your Liu He Ba Fa practice.

Liu He Ba Fa: Part One Movement Names – English, Chinese & Pinyin Guide

PDF Guide by Helen Liang



Many students are fascinated by the Chinese names of Liu He Ba Fa movements and enjoy seeing the original Chinese characters, which carry deep meaning. This 7-page PDF guide presents a comprehensive list of all 31 movements from Part One, presented in English, Chinese, and Pinyin — a Romanized system that helps with pronunciation of Chinese words and sounds. Chinese characters are not just words; they are pictographs that visually represent ideas, nature, and movement. Understanding the original names adds another layer of depth to your practice, helping you connect with the history, philosophy, and imagery behind each movement. This is a simple yet valuable resource for those who appreciate the cultural richness of Liu He Ba Fa and wish to pronounce the names accurately as they refine their practice.