

MOVING TIGER™



ENERGY EXERCISE METHOD

WHY MOVING TIGER?

THREE REASONS.

Reason One, All-Day Energy.

Regular exercises strengthen your *muscles*. Energy exercises are different, they strengthen your *life energy*. The best ones - like those of the Moving Tiger Method - give you energy all day, not just a temporary boost.

The Moving Tiger Method has one particular advantage over all other energy exercises. It allows you to gain all-day energy with the *least* amount of effort.

Plus Moving Tiger's exercises can do much more for you. Please explore the links to the left to learn more

Reason Two, Fun and Successful Learning.

When you take a Moving Tiger Method workshop, or series of workshops, you'll learn in a thoughtfully designed, step-by-step manner from highly-trained teachers.

They'll seek to make your learning fun, interesting, and as simple, easy, and successful as possible.

For more about how you'll learn and how we teach, [click here](#).

Reason Three, Exercises Proven by the Test of Time.

The exercises of the Moving Tiger Method have been practiced in China for over a thousand years. We didn't just make them up as the latest "new" innovation in exercise.

They've endured through generations of people because they work - very well. They are a jewel of ancient wisdom from China. And we are passionate about teaching the exercises to you in a form as true to the authentic Chinese tradition as we can. For information on the exercises, [click here](#).

Time-tested exercises and fun and successful learning make the Moving Tiger Method the simplest way for you to attain all-day energy - and many other benefits.

THE SIMPLEST WAY TO ALL-DAY ENERGY™

You can Learn more about Moving Tiger Energy Exercise Method by visiting us online at <http://www.MovingTiger.com>

Or feel free to call us at: 617-990-6985