



## Invitation to

# THE SHENG ZHEN TEACHER TRAINING Croatia, July 2009

### Dear Friends,

Warm greetings from the International Sheng Zhen Society!

It is with great joy that we invite you to participate in Teacher Training in Croatia – on the island Hvar in summer 2009.

We hope to teach and inspire Sheng Zhen practitioners to share the gifts of the Sheng Zhen practices.

This upcoming event promises to support one's practice and teaching with standard teaching methods. Furthermore, it aims to introduce a broader perspective of Sheng Zhen Wuji Yuan Gong as a whole and assist in enriching our understanding of the practise.

Master Li Jun Feng and his daughter Li Jing will conduct the Teacher Training. **JESUS STANDING and AWAKENING THE SOUL** will be taught, as well as **ZHONG TIAN YIQI MEDITATION**.

### WHEN

**July 1 – July 11 2009.**

**July 1** Arrival. Check in and registration starts from 14:00 O'clock .  
Information-meeting after dinner.  
**July 2-10** Teacher Training  
**July 11** Teacher Training ends after lunch.

### WHERE





**This is the view from our training venue, hotel Amfora grand beach resort in Hvar, Croatia!**

Hvar is one of the most beautiful islands in the Adriatic Sea.

Master Li Jun Feng and Li Jing were in Croatia in June 2008.

Do you want to see Master Li, Croatia, more about Hvar and organizers for this Teacher Training? Please click here.

<http://folk.uio.no/dino/TT-Croatia2009/Photos.html>

More about the venues at:

[www.suncanihvar.com](http://www.suncanihvar.com)

We will sleep in another **Hotel Pharos**, which is more modest, but just a 3 min.

walk from the venue, 5 min from the center of Hvar, and the beach.  
It is more peaceful, with a stunning view, a pool and it's very green, in midst of magical scents: Mediterranean spices, pine and olive trees.

## AIRPORT

The most convenient airport to land is Split (SPU is the airport code).  
More details will be given after signing up.

## INVESTMENT

The 10 day TT fee is € 1.400, - per person.  
This includes accommodation (2 people in a room), meals and training fees.  
If you wish to have a single room, please notice there is an additional charge € 340 for the 10 days.

Good news! Participants can stay at the Hotel Pharos June 28- July 1, and July 11-14 at special prices for bed and breakfast per person/per night  
Single € 55.80  
Double € 60.80  
It is necessary to let the hotel know that you are from the Sheng Zhen Qi Gong group.

## WHO CAN JOIN TEACHER TRAINING

### PREREQUISITES for ATTENDING SHENG ZHEN TEACHER TRAINING

**Everyone interested in participating in The Teacher Training Course is encouraged to apply.**

You may qualify as a Sheng Zhen **Teacher Training** Participant **or** as a Sheng Zhen **Seminar** Participant. Both will enjoy the benefits of the Sheng Zhen experience and receive the same training. First priority is given to Sheng Zhen Teacher Training Participants that meet the prerequisites below. Sheng Zhen Seminar Participants will be able to attend if they are approved and if there is availability.

### Sheng Zhen Teacher Training Requirements

To show a level of dedication and commitment to the practice of Sheng Zhen Wuji Yuan Gong, you must meet these criteria in order to attend as a Teacher Training [TT] participant and get credit towards Teacher Certification:

- ✓ You have studied Sheng Zhen Wuji Yuan Gong forms for a minimum of **2 years**.  
This includes a minimum of **54 instruction hours** from a certified Sheng Zhen [SZ] teacher, among these at least **12** hours from **Master Li Jun Feng** or **Li Jing**.
  
- ✓ **Or**, you have studied Sheng Zhen Wuji Yuan Gong forms for a minimum of **1 year**. This

includes a minimum of **108 instruction hours** from a certified SZ teacher, among these at least **12** hours from **Master Li Jun Feng** or **Li Jing**.

## Sheng Zhen Seminar Guidelines

If you are unable to meet all of the TT prerequisites above, you may still apply to attend teacher training. If you are approved and there is availability, your TT session will be noted as a seminar and will not be applied toward teacher certification. Whenever you attend your second TT, it will be applied toward your teacher certification.

## WHO CAN BECOME A CERTIFIED TEACHER

### SHENG ZHEN TEACHER CERTIFICATION REQUIREMENTS\*

In addition to knowing and teaching the various Sheng Zhen Wuji Yuan Gong forms, one must understand, embody and live the philosophy and in the spirit of Sheng Zhen. To be considered for Sheng Zhen Teacher certification, a **MINIMUM** of **180 hours** of practice teaching experience is required. This includes:

1. Attending at least 2 Teacher Trainings Courses. The first two count as **50 hours** each towards the total 180 hours. Seminars do not count towards certification.
2. Having practiced teaching Sheng Zhen Wuji Yuan Gong forms for a **MINIMUM** of **80 hours**. This equates to a 1-hour class per week for 40 weeks over two years or two 1-hour classes per week for 40 weeks in one year. Note: This does not include demonstrations or leading a group in the movements, but practicing teaching the SZ forms. All people are encouraged to share the practice with others after they have learned from Master Li Jun Feng, Jing or a certified teacher.

To maintain certification, a certified SZ teacher must attend at least one Sheng Zhen Teacher Training Course every 2 years. Certified teachers will have their class info posted on the international website. If you already meet these requirements, please contact Cobi Bentley at [cobione@hotmail.com](mailto:cobione@hotmail.com) to be added to this list.

\*These guidelines are effective as of March 1, 2006.

No one is certified unless he or she has attended AT LEAST 2 Teacher Trainings and fulfilled all of the prerequisites. Sheng Zhen Teachers may view a complete listing of certification requirements at

[www.shengzhen.org](http://www.shengzhen.org) under the *Teacher's Site/News for Teachers*

## HOW TO APPLY FOR TEACHER TRAINING

### APPLICATION PROCEDURE:

1. Fill out the Application and **Registration form**
2. A Letter **of Recommendation** [LOR] is required only if you have **never** attended TT before and should be written by a certified SZ teacher on your behalf. The letter should state that you have fulfilled the prerequisites and that you are ready to

attend a TT. You may find a Certified Sheng Zhen Teacher listed at [www.shengzhen.org](http://www.shengzhen.org) or contact your local Sheng Zhen teacher for more information.

3. A **Letter of Intent** [LOI]. **All participants** must write a LOI prior to each TT attended. The LOI is written in your own words answering these 3 questions:

- ✓ What is Sheng Zhen Wuji Yuan Gong?
- ✓ What is your understanding and experience of Sheng Zhen?
- ✓ Why do you want to be a Sheng Zhen teacher?

**Please send Application-Registration form, LOR and LOI to:**

[dino.karabeg@gmail.com](mailto:dino.karabeg@gmail.com) – Dino Karabeg, Oslo, Norway

**Send before April 1<sup>st</sup>, even better as soon as you are positive about it.**

You will receive a confirmation of acceptance to the TT within 2 weeks.

## HOW TO PAY

### Payment process

Please send the fee of **EURO 1.400**, to ISZS EURO account **before April 30**. You will receive the payment details once your application is accepted.

We hope to hear from you soon and look forward to seeing you in summer 2009. You will receive more detailed information after registration.

With warm blessings,

### International Sheng Zhen Society

Local Organizers: Helga Juretić : [helga@joyoflife.hr](mailto:helga@joyoflife.hr)

and

Dino Karabeg: [dino.karabeg@gmail.com](mailto:dino.karabeg@gmail.com)