



International Sheng Zhen Society Australia Teacher Training 2012



Dear Friends,

Warm greetings from the International Sheng Zhen Society!

It is with great joy that we invite you to participate in the 2012 Teacher Training to be held at the Govinda Valley Spiritual Retreat Centre at Otford, NSW (www.govindavalley.com.au) about an hour south of Sydney in a qi filled bushland valley, close to the scenic ocean vistas of the Illawarra coastline. The dates of the nine day course are **February 3rd - 12th, 2012**. This will be the 22th Teacher Training Course since 2001. As in previous Teacher Training Courses, we hope to inspire Sheng Zhen practitioners to share the gifts of the Sheng Zhen practices.

This upcoming event promises to support one's practice and teaching abilities with practical qigong teacher techniques. Furthermore it aims to introduce a broader perspective of qigong as a whole and assist in enriching one's own understanding of the practice.

Master Li Junfeng will conduct the 9 day intensive - Teacher Training Course. His main focus will be on deepening our understanding of the flavor and the benefits of all 30 Sheng Zhen Healing Qigong movements. He will teach Kuan Yin Standing Qigong and Zhongtian Yiqi(Still Meditation). He will also review other Sheng Zhen Qigong forms like Kuan Yin Sitting. Also included is "how to conduct weekend workshops" which will be very helpful for Sheng Zhen teachers in new areas to inspire their students to be teachers.

WHEN?

| | |
|---------------------|---|
| February 3 | Arrival, Check in and Registration starts from 2 pm. Dinner will be served at 7:30 pm, followed by an information meeting. |
| February 4-5 | Public Weekend Workshop, start of Teacher Training |
| February 12 | Teachers' Training Course ends after lunch. |

The 9 day TT fee is US\$1580 per person.

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International Sheng Zhen Society Australia Teacher Training 2012



WHERE?

**Govinda Valley Spiritual Retreat Centre
Lot 1, Lady Carrington Road,
Otford, NSW, 2508**

The retreat centre is an easy train ride only 50 minutes from Sydney. The beautiful and extensive forested grounds create a restorative and peaceful environment for retreatants. The main practice room is spacious and light filled, with polished wooden floors, and bushland views. February can be a hot and humid month but the coastal location will ensure sea breezes as well as the possibility of ocean swims.

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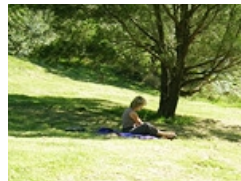


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Food

The food is truly a highlight at Govinda's – fantastically tasty and nutritious Vedic vegetarian fare, (including ingredients direct from the organic garden on site) as well as irresistible desserts. Special dietary requests such as wheat free, dairy and sugar free, tofu free may be accommodated. There is also a wide range of herbal teas available and chai on tap. For those in need of a meat or caffeine fix during the retreat, the cafes of Helensburgh are five minutes drive away. The dining hall is on the second level, with disabled access.



Accommodation

The centre can accommodate 64 people in the main buildings, with most of the rooms with 4-6 beds. There are 2 ensuite rooms available, each with 2 single beds. Please nominate a preference for these on the application form if you wish to have an ensuite, but kindly appreciate that first preference for these rooms will be given to those with difficult medical conditions. Any remaining rooms will be allocated by ballot. There is also an open green which is available for camping should any participant wish to bring his/her own tent, or rent from Govinda.

There is also a small meditation room and a massage/treatment room both of which are available at all times for participants.

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Local Attractions

There are a range of interesting tourist sites near the retreat centre.

Stanwell Tops, a couple of minutes drive from the centre is a spectacular cliff side haunt for para-gliders and hang gliders.

A few minutes away by car is a 16 acre native and exotic fauna park, The Symbio Wildlife Park.

Govinda Valley also adjoins the Royal National Park, which is a huge coastal bushland reserve with many beautiful bush-walking tracks, great ocean views and some swimming areas.

Nearby is also a major Hindu temple.

About an hour's drive away is the Nan Tien Temple, the largest Buddhist temple in the southern hemisphere.

We will have a group excursion during the retreat to some of these nearby attractions. We'll keep you posted on this.



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WHO CAN JOIN TEACHER TRAINING?

I. PREREQUISITES for ATTENDING SHENG ZHEN TEACHER TRAINING

Everyone interested in participating in the teacher training is encouraged to apply. You may qualify as a Sheng Zhen **Teacher Training Participant** or as a Sheng Zhen **Seminar Participant**. The training experience during the retreat will be the same for all participants.

First priority is given to Sheng Zhen Teacher Training Participants. However, after **3rd of September**, places will also be given to those on the seminar participants waiting list. Thereafter, places will be given on a first come, first served basis. This gives an opportunity for new aspirants to make arrangements to be able to attend. Please take note of the prerequisites written below. **Application deadline is 3rd of November. Deadline for payment is 3rd of December. 2011.**

A. Sheng Zhen Teacher Training Requirements

1. You have studied Sheng Zhen Wuji Yuan Gong (also known as Sheng Zhen Qigong) forms for a minimum of 2 years. This includes a minimum of 54 instruction hours from a local Sheng Zhen [SZ] teacher, preferably certified, with at least 12 of your hours from Master Li Junfeng.

or

2. 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 local Sheng Zhen teacher, preferably certified, with at least 12 of your hours from Master Li Junfeng. Date you first started with the Sheng Zhen teacher will be needed when applying for certification. Please contact Don Leathers at donald@phoenixrisingmoab.com for a list of certified teachers in your area or check the SZ web site at www.shengzhen.org.

B. Sheng Zhen Seminar Participant Requirements

If you are unable to meet all of the TT prerequisites above, you may still apply to attend the TT course as a seminar participant. You must have studied with Master Li or a local Sheng Zhen Teacher, preferably certified. If you attend as a seminar participant under these circumstances, your first TT session will be considered as a seminar and will not count towards teacher certification. Attending your first TT as a seminar counts as 50 hours towards the requirements for future TT's. The second TT attended will count towards your teacher certification.



International Sheng Zhen Society Australia Teacher Training 2012

WHO CAN BECOME A SHENG ZHEN TEACHER?

II. SHENG ZHEN TEACHER CERTIFICATION REQUIREMENTS**

To be a Sheng Zhen teacher, 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. All are encouraged to share the practice with others after they have learned from Master Li or a local Sheng Zhen teacher.

To be considered for a Sheng Zhen Teacher **certification**, the MINIMUM number of teaching hours required is 180 hours of teaching experience. This includes:

1. Attending 2 Teacher Trainings within 2 years (each count as 50 hours towards the total 180 hours), and
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.

To **maintain certification**, a certified SZ teacher must attend at least one Sheng Zhen Teacher Training Course every 2 years.

Once you decide you want to join a TT, there are 2 things you need to submit with your application-registration form:

- a) **A Letter of Recommendation [LOR].** A LOR is required only if you have never attended TT before and is written by a SZ teacher, preferably certified, 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 or contact your local Sheng Zhen teacher for more information.
- b) **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:
 - 1) What Is Sheng Zhen Wuji Yuan Gong (Sheng Zhen Qigong)?
 - 2) What is your understanding and experience of Sheng Zhen?
 - 3) Do you want to be a Sheng Zhen teacher? If yes, why?



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HOW TO APPLY FOR TEACHER TRAINING?

III. APPLICATION INSTRUCTIONS:

A. Sheng Zhen Teacher Participants:

1. Fill out the **Application Form** on the next page.
2. Send your completed **Application, Letter of Recommendation [LOR]** (if first TT) and **Letter of Intent [LOI]**** We will reply within two weeks once we receive your email to confirm if your application has been accepted. Submit on or before **3rd September** to secure a place.
3. Once your application has been accepted, follow the **Payment Procedure**, that we will send later. Deadline of full payment is **3rd of December, 2011**.

B. Sheng Zhen Seminar Participants:

1. Mindful of the prerequisite for Seminar Participants mentioned previously, proceed to fill out the **Application Form** on the next page.
2. Send your completed **Application, Letter of Recommendation [LOR]** and **Letter of Intent [LOI]**** on or before **3rd September**. Your name will then be put on a waiting list.

If your application is approved and there is availability, you will be contacted no later than **3rd October** by email.

3. Once your application has been accepted, follow the **Payment Procedure**, that we will send later. Deadline of full payment is **3rd of December, 2011**.

****Please send Application-Registration Form,
(LOR) Letter of Recommendation and/or (LOI) Letter of Intent to:
elena_vc@hotmail.com**

Elena Cortez, Sheng Zhen Australia
Please email a simple expression of interest
while you are preparing your application.