

SHENG ZHEN



MASTER LI JUN FENG

SHENG ZHEN - WORKSHOP

HEALING QIGONG

AWAKENING THE SOUL QIGONG

& SHENG ZHEN STANDING QIGONG - SOME SINGLE MOVEMENTS



Berlin - Charlottenburg

Thursday - Saturday

Sunday

02. - 05.09.2010

10 - 18 Uhr incl. Mittagspause

10 - 16 Uhr incl. Mittagspause

Venue:

Helene Weber Haus

Wundtstr. 40-44

14057 Berlin - Germany

Dear Sheng Zhen Friends,

We are very pleased to inform you that we will welcome **MASTER LI JUN FENG** to Berlin again this year and would like to invite cordially you.

This September Weekend offers one of the rare precious opportunities to be led into the deep experience of different forms of **SHENG ZHEN QIGONG** by **MASTER LI** personally. Main emphasis will be placed on these two **SHENG ZHEN** Forms:

SHENG ZHEN HEALING QIGONG consists of three parts and is practised on a chair. It is easily learnable and suitable for every age. Sheng Zhen Healing Qigong is an integration of all spiritual healing traditions - using the power of Nature to heal oneself. Like the other forms of Sheng Zhen Qigong it is led by the spirit of **SHENG ZHEN**, - the highest and most sacred truth, - the spirit of **UNCONDITIONAL LOVE**.

Through the practice, the power from Nature reveals the original state that abides in every human being. The underlying purpose of this practice is to experience the opening of the heart and the stillness of the mind - to experience **SHENG ZHEN**. It can also help the mind in becoming more focused and increase ones powers of concentration. It develops patience and protects one from negative energies. It also can help to release negative emotions and stress. When one is already into the practice of this qigong, a merging with all becomes possible.

The form of **AWAKENING THE SOUL** Qigong is practiced in sitting position on a chair effortless and is easily to be learned. This workshop is suitable for both beginners and for advanced practitioners who wish to enlarge ones knowledge and would like to deepen ones understanding with this form.

In between there will be practised some single Sheng Zhen Standing Movements. The **SHENG ZHEN** forms being practised at this weekend help to better ones physical well-being in the body. Besides they lead the practitioner far beyond this. Sheng Zhen Qigong enables to forget ones sorrows as well as they alleviate pain and stress of the body and the soul in a most natural way. Furthermore these forms help to open ones heart and lead you to a deeper understanding of life and what truly matters.

MEISTER LI JUN FENG is head and principal teacher of the **INTERNATIONAL SHENG ZHEN SOCIETY**, furthermore, **MASTER LI** serves as advisor to the **WORLD ACADEMIC SOCIETY OF MEDICAL QIGONG** and the **QIGONG SCIENCE RESEARCH ASSOCIATION OF CHINA**. **MASTER LI** is perhaps best known for having been the head coach for the world-renowned Beijing Wushu (Martial Arts) Team and the National Wushu Team of the People's Republic of China for over 15 years. Amongst others he coached stars like Jet Li and Shaolin. During those years he also achieved international fame as a martial arts film actor and director.



At present **MASTER LI** lives at Austin, Texas, U.S.A. where he teaches Qigong at the Academy of Oriental Medicine until lately. Momentarily he is writing a new book. His methodology of teaching qigong is unique. Both beginners and advanced practitioners manage to grow beyond their physical, mental and spiritual limits. He passes his profound knowledge on to his students on all continents in over 20 countries.

We look forward to cooperating with you.
On behalf of the Sheng Zhen -Team - Berlin

With kindest regards

Gabriele Schröder

Registrations and further Informations:

Sheng Zhen - Berlin

Gabriele Schröder

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SHENG ZHEN



Sheng Zhen Wuji Yuan Gong is a series of Qigong moving and non-moving meditations that help improve physical health, balance emotions and open the heart to cultivate unconditional love.



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Kto. Nr. 20 23 666 81

SHENG ZHEN HEALING QIGONG - AWAKENING THE SOUL QIGONG - WORKSHOP

SCHEDULE:	THURS. - SAT.	SEPTEMBER 2 - 4, 2010	10:00 AM - 6:00 PM	(LUNCH BREAK)
	SUNDAY	SEPTEMBER 5, 2010	10:00 AM - 4:00 PM	(LUNCH BREAK)
WORKSHOP FEES:	380 €	*(REDUCTION SEE BELOW)		

Registration formalities:

The registration is carried out in writing at the latest two weeks before seminar with the enclosed registration form and a deposit of € 100. Registration gets only valid with the transfer of the deposit. – Please, especially pay regard to this booking condition in case of discount. The restricted places are allocated on registration entrance. The total amount has to be transferred or paid in cash before the start of the workshop. € 50 will retain handling fee at cancellation up to 8-10-2010, after that the deposit (€ 100) will retain.

Banking Account: Gabriele Schröder
Bank: SPARDA Bank Berlin
BLZ 120 965 97
Kto.Nr.: 20 23 666 81

Please detach the coupon and send to:

Sheng Zhen - Berlin
Gabriele Schröder
Gößweinsteiner Gang 49 a
14089 Berlin - Germany



REGISTRATION

Please print, mark with a cross and fill out completely.

- SEPTEMBER 2 - 5, 2010**
SHENG ZHEN - WORKSHOP: € 380
SHENG ZHEN HEALING QIGONG - AWAKENING THE SOUL QIGONG & SHENG ZHEN STANDING QIGONG - SOME SINGLE MOVEMENTS
 - DISCOUNT** **EARLY BIRD DISCOUNT - SIGN UP BEFORE JUNE 15, 2010*** € 350¹
 - DISCOUNT** **PARTICIPANTS OF THE SZ-TT-2010, REDUCTION FOR STUDENTS - UP TO AGE 25 YEARS** € 300
- ¹ DISCOUNT *EARLY BIRD DISCOUNT - SIGN UP AND PAYMENT BEFORE JUNE 15, 2010*

Surname, First name _____

Street _____

City / City Code _____

Telephon _____ Fax _____

E-Mail _____

Received Information about Workshop through Sheng Zhen – Berlin / _____

With my signature I appreciate the conditions of participation mentioned above.

Place / Date _____

Signature _____