

Sheng Zhen



Invitation to  
The Sheng Zhen Teacher Training  
Israel  
June 21-27, 2020



**Dear Friends,**

**Warm greetings from the International Sheng Zhen Society!**

It is with great joy that we invite you to participate in the 2020 Teacher Training Course in Caesarea, Israel.

This will be the 6<sup>th</sup> Teacher Training Course in Israel since 2009. 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 Shen Zhen Practice as a whole and assist in enriching one's own understanding of the practice.

Li Jing will conduct the 7- days intensive - Teacher Training Course. Her main focus will be on deepening our understanding of the flavour and the benefits of the Sheng Zhen Meditation movements.

**On Saturday, June 20, Jing will conduct a Weekend Workshop. The subject of the Workshop is: "Regulating the Blood Pressure" – Healing through Sheng Zhen Movement. In 'Marine Center Caesarea', (before the Teacher Training).**

**More information about this will be on the international website: [www.shengzhen.org](http://www.shengzhen.org) /or contact: [dina.shafir@gmail.com](mailto:dina.shafir@gmail.com) /+ 972-52-2332390 (Call, WhatsApp, SMS), and on the Israeli website: [www.shengzhen.co.il](http://www.shengzhen.co.il).**



## Date

**June 21-27, 2020**

**June 21** - At 10:00(Am) - the course starts. Information meeting and training.

**June 27** - Teachers' Training Course ends at noon time.

## Fee

**7-day Teacher Training Fee:**

**Early Bird Fee: \$1400** (3 in room) **or \$1500** (double room) **or \$1630** (single room) •  
(paid on or before **February 1st, 2020.**)

**Regular Fee: \$1480** (3 in room) **or \$1580** (double room) **Or \$1720** (single room)- •  
(paid on or before **March 1st, 2020.**)

The fee includes the following: training fee, food, accommodations •

**\*Note; we don't use Euro in Israel, only Nis & \$** •

More information about **payment** will be sent after registration. •

## How to pay?

**Payment process:** Once your application has been accepted, the payment instructions will be sent to you. **Training fees are to be paid before March 1st, 2020.**

**Europeans:** pay to the ISZS US\$ account

**US Americans:** may pay either to the American Sheng Zhen account or to the Manila ISZS US\$ account

**Israeli:** may pay either to the American Sheng Zhen account or to the Manila ISZS US\$ account

## Where?

### The venue is: ' Marine Center Caesarea'



The Center is an easy train ride, only 50 minutes from Ben Gurion Airport to Caesarea.

The sea surrounding -create a restorative and peaceful environment for retreat ants. June can be a hot month but the coastal location will ensure sea breezes as well as the possibility of swims.

### The Caesarea Marine Center;

Beach front vacation rooms surrounded by lush vegetation near Caesarea (half an hour from Tel Aviv and Haifa )

The resort is located in one of the most attractive tourist destinations in the country, Caesarea ruins.

The sea, Caesarea ruins, sports facilities etc, are available for singles, families and groups of any kind .Those attractions and more is what makes The Caesarea Marine Center one of the leading resorts of its kind in Israel.



### ' Marine Center Caesarea'

Booking : [sdot-yam](mailto:sdot-yam), [m.postmenashe](mailto:m.postmenashe) 37804

04-6364609/65 :טל tel: 04-6364611:פקס fax:

[z\\_merkazyami@sdot-yam.org.il](mailto:z_merkazyami@sdot-yam.org.il)



## Notes

TT Attendees must attend all 7 days. Due to the intensive nature of the program, part-time attendance is not permissible.

### Deadlines:

1. Application submission: January 18, 2020

2. Payment: \* Early Bird Payment Date: February 1st, 2020

\* Regular Fee Payment Date: March 1st, 2020

more information will follow after submission of Application.

## Airport

### Ben Gurion Airport

More details will be given after signing up.

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## I. Prerequisites for Attending Sheng Zhen Teacher Training

In order to attend a SZ TT (Sheng Zhen Teacher Training), everyone (this includes teacher training participants and seminar participants) **must have** had education

In the following forms:

Gathering Qi and Awakening the Soul (Step 1 in SZ curriculum)

SZ Healing Gong – parts 1 & 2 (Step 2 in SZ curriculum)

The Union of Three Hearts and 9 Turns (Step 4 in SZ curriculum) and

either Heaven Nature Heart Mantra and Heart Spirit as One (Step 3 in SZ curriculum)

or Heart Mind as One and Listening to the Heart (Step 5 in SZ curriculum)

Everyone interested in participating in teacher training is encouraged to apply. You may qualify as: **A. A Sheng Zhen Teacher in Training Participant** or as **B. A Sheng Zhen Seminar Participant**. The training experience during the retreat will be the same for all participant First priority is given to **Cert. Sheng Zhen Teachers and Sheng Zhen Teacher in Training Participants**. However, after: **January 12020 ,8**, Places will

also be given to those on the seminar participant's 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 January 18, 2020.**

**Payment Deadline for: Early- February 1st, 2020. / Regular- March 1st, 2020.**

### **Sheng Zhen Teacher in Training Participants Requirements**

.A

You have studied Sheng Zhen Meditation forms for a minimum of **2 years**. This includes a minimum of 54 instruction hours each year from a Sheng Zhen [SZ] teacher, preferably certified, if any, with at least 12 of your hours from Master Li Junfeng or Li Jing.

**or**

You have studied Sheng Zhen Meditation forms for a minimum of **1 year**. This includes a minimum of 108 instruction hours from a Sheng Zhen teacher, preferably certified, if any, with at least 12 of your hours from Master Li Junfeng or Li Jing.

**Date you first started with the Sheng Zhen teacher will be needed** when applying for certification. The SZ web site [www.shengzhen.org](http://www.shengzhen.org). Provides a list of certified teachers in your area.

### **B. Sheng Zhen Seminar Participant Requirements**

This option is for those who do not have the minimum 2 years and 54 hours or the 1 year and 108 hours of class time. The TT prerequisites still apply - you will need to know all the forms listed, and the training will count towards

**Class hours accumulated** and not certification. Your second TT training will count towards teacher certification

\* \* \* \* \*

## **II. Sheng Zhen Teacher Certification Requirements\*\***

To be a Sheng Zhen teacher, one must understand the Sheng Zhen philosophy, live a Sheng Zhen life, respect others always (to have no conflict with others) and know the various Sheng Zhen Meditation forms. All people are encouraged to share the practice with others after they have learned from Master Li, Li Jing or a local Sheng Zhen teacher. The sharing is not about teaching the forms.

**Required to be considered for a Sheng Zhen Teacher Certification:**

1. A Minimum of **108 instruction hours** from a certified or approved SZ teacher with at least 12 of those hours from Master Li Junfeng or Li Jing, and 2 years of practice.
2. Attendance at 2 Teacher Trainings as a **“Teacher-in-Training”** participant.
3. A **minimum of 80 hours** teaching Sheng Zhen Meditation forms. Note: This does not include demonstrations or leading a group in the movements. It is about practicing teaching the SZ forms to a group of people. Not private classes.
4. To maintain certification, a certified SZ teacher must attend at least one Sheng Zhen Teacher Training Course **every 2 years**.

**\*\* No one is certified unless he or she has attended AT LEAST 2 Teacher Trainings and fulfilled all of the prerequisites. The complete listing of Sheng Zhen Teacher certification requirements may be viewed at [www.shengzhen.org](http://www.shengzhen.org).**

### **III. Sheng Zhen Certified Teacher Principles**

#### **All Sheng Zhen Teachers:**

Must maintain the same standard, philosophy, and explanation of movements as defined by Master Li and Li Jing and use only their DVD's, books, webinars and YouTube videos as teaching tools. Teachers must not create their own Sheng Zhen products. •

Attend one Teacher Training at least every two years and keep their profile update on the International Sheng Zhen website.

Maintain regular contact with the broader Sheng Zhen teaching community. •

Work together and respect each other without competition. Speak well of each other.

Help others, serve others and share the practice. •





## **IV. Application Instructions**

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

### **1 - A Letter of Recommendation [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](http://www.shengzhen.org). or contact your local Sheng Zhen teacher for more information.

### **2 - 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:**

- a) What is Sheng Zhen Meditation?
- b) What is your understanding and experience of Sheng Zhen Meditation?
- c) Do you want to be a Sheng Zhen Meditation teacher? If yes, why?

**Please send Application form, LOR and LOI to: [dina.shafir@gmail.com](mailto:dina.shafir@gmail.com)**



### **3 - Application Instruction:**

## **A. Sheng Zhen Teachers and Teacher-in-Training Participants:**

1. Fill out the **Application Form** on the next page.
2. Send your completed **Application Form, Letter of Recommendation [LOR]** (if applicable) and **Letter of Intent [LOI]** (see guidelines for the LOR and LOI on previous page) to the TT contact person mentioned below by the **application deadline of January 17, 2020.**

We will respond with our determination within approximately two weeks.

3. Once your application has been accepted, the **Payment instructions** will be sent to you. Please adhere to the payment deadline. \* Early Bird Payment Date: **February 1st, 2020.** \* Regular Payment Date: **March 1st, 2020**

## **B. Sheng Zhen Seminar Participants:**

1. Take note of the requirements mentioned under Section I, point **B. Sheng Zhen Seminar Participant Requirements.** You must have studied with Master Li, a Certified Sheng Zhen Teacher, or an Approved Sheng Zhen Teacher.
2. Fill out the **Application Form** on the next page. A reminder that Teachers-in-Training Participants and Certified Teachers have first chance at available space.
3. Send your completed **Application Form, Letter of Recommendation [LOR]** and **Letter of Intent [LOI]** (see guidelines for the LOR and LOI on previous page) to the TT contact person mentioned below by the **application deadline of January 17, 2020.** We will respond with our determination within approximately **two weeks.** Late applications will be accommodated only if there is availability.
4. Once your application has been accepted, the **Payment instructions** will be sent to you. Please adhere to the payment deadline. \* Early Bird Payment Date: **February 1st, 2020.** \* Regular Payment Date: **March 1st, 2020**



### **Send Email:**

- Application form
- Letter of Recommendation [LOR] (if applicable)
- Letter of Intent [LOI]
- Any questions



to:

Dina Shafir at: [dina.shafir@gmail.com](mailto:dina.shafir@gmail.com) , +972-52-2332390

We hope to hear from you soon and look forward to seeing you in summer 2020.



*Sheng Zhen Israel welcomes Sheng Zhen Meditation students, and honors their commitment to learn this life affirming practice, and to share it with the world.*

🌸 We look forward to hosting you. We will be requesting your complete arrival/departure and other necessary information at a later date.

**You will receive more detailed information after registration.**

🌸 **With warm love and blessings,**

Dina Shafir & Ohad Kedem  
The Local Organizing team

**International Sheng Zhen Society Israel**