



I. PREREQUISITES for ATTENDING SHENG ZHEN TEACHER TRAINING

In order to attend a SZ TT, 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 Gong 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).

You may qualify as a Sheng Zhen **Teacher in 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 Cert. Sheng Zhen Teachers and Sheng Zhen Teacher in Training Participants. However, after **May 10th** 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 March 30th . Deadline for payment is April 30th .**

A. Sheng Zhen Teacher in Training Requirements

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

or

2. You have studied Sheng Zhen Gong forms for a minimum of 1 year. This includes a minimum of 108 instruction hours from a certified or approved SZ teacher, with at least 12 of your hours from Master Li Jun Feng or Li Jing. The date you first started with a Sheng Zhen teacher will be needed when applying for certification. Please contact Don Leathers at donald@phoenixrisingmoab.com for a list of certified or approved 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, a Certified Sheng Zhen Teacher, or an Approved Sheng Zhen Teacher. If you are approved and there is availability, if



after the TT, you decided to teach, your first TT session will be noted as a seminar and not be applied 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 be applied toward your teacher certification. You will still need to now the forms listed in prerequisites.

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

- a) **A Letter of Recommendation [LOR].** A LOR is required only if you have never attended TT before and is 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 or contact your local Sheng Zhen www.shengzhenqigongfrance.org 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?

II. SHENG ZHEN TEACHER CERTIFICATION REQUIREMENTS**

(Who can become a Sheng Zhen Teacher?)

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 Gong forms. All people are encouraged to share the practice with their friends and family 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 85 hours for a 10 day TT towards the total 180 hours), and
2. Having practiced teaching Sheng Zhen 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 or an approved or certified teacher.

****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.shenzhen.org under the *Teacher's Site-News for Teachers*.**



III. SHENG ZHEN CERTIFIED TEACHER PRINCIPLES

All Sheng Zhen Teachers:

- Have the same standard and explanation of the movements and philosophy, as defined by Master Li and Jing and use only their DVD's, books, webinars and YouTube videos as teaching tools. Teachers do not make their own Sheng Zhen products.
- Attend one Teacher Training at least every two years and keep their profile updated 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, share the practice.

III. APPLICATION INSTRUCTIONS:

A. Sheng Zhen Teacher in Training Participants:

1. Fill out the **Application Form** on the next page.
2. Send your completed **Application, Letter of Recommendation [LOR]** (if applicable) and **Letter of Intent [LOI]** (see guidelines for the LOR and LOI on previous page) to TT contact person mentioned below. We will reply within one week or so once we receive your email to confirm if your application has been accepted. Slots will be open to seminar participants after **May10th**. and will then be on a first come first served basis.
3. Once your application has been accepted, follow the **Registration Procedure** and the **Payment Process**, adhering to each of the payment deadlines. (Please see the Registration document for details.)

B. Sheng Zhen Seminar Participants:

1. Taking note of the requirement mentioned in the previous page:

(See I. B. Sheng Zhen Seminar Participant Requirements "You must have



studied with Master Li, a Certified Sheng Zhen Teacher, or an Approved Sheng Zhen Teacher. “), fill out the **Application Form** on the next page.

2. Send your completed **Application, Letter of Recommendation [LOR]** (if applicable) and **Letter of Intent [LOI]** (see guidelines for the LOR and LOI on previous page) to TT contact person mentioned below on or before **March 31th** . Your name will then be put on a waiting list.

If your application is approved, you will be contacted no later than **May 10th**. Late applications will be accommodated only if there is availability. We will reply within one week or so once we receive your email to confirm if your application has been accepted.

3. Once your application has been accepted, follow the **Registration Procedure** and the **Payment Process**, adhering to each of the payment deadlines. (Please see the Registration document for details).

Send Application Form, (LOR) Letter of Recommendation and/or (LOI) Letter of Intent, and any questions to: ciapa@hotmail.fr

APPLICATION FORM

Please complete this form and submit it on or before **March 31th**

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Name:

Home Address:

Country:

Telephone Number:

Fax Number:

Email Address:



Please check ONE: I am applying as ____ a Cert. Sheng Zhen Gong Teacher
____ a Teacher in Training participant ____ a Sheng Zhen Seminar attendee

1. When did you first start Sheng Zhen Gong?
2. Who is your current Sheng Zhen teacher?
3. How long have you been practicing Sheng Zhen Gong?
4. Have you studied: Gathering Qi and Awakening the Soul? _____
SZ Healing Gong 1&2? _____
Union of 3 Hearts and 9 Turns? _____
And either: Heaven Earth Gong and Heart Spirit as one? _____
Or : Heart Mind as One and Listening to the Heart? _____
5. How many hours of classes or workshops have you attended, with Master Li Jun feng? _____
With Li Jing? _____ with a SZ teacher? _____ on the internet/video? _____
6. Have you met Master Li or Jing Li? If yes, when?
7. When and where was your first TT?
8. How many TT have you attended?

For **Teachers in Traing Participants** (non-certified):

9. How many Sheng Zhen Gong classes are you teaching weekly, month or year?
10. How many total hours of Sheng Zhen Gong teaching have you accumulated during the last 2 years?

For **Certified Teachers**:

11. What year were you first certified as a Sheng Zhen Gong teacher?
12. How many TT have you attended since your certification?
13. How many hours of teaching have you done?
14. How many weekend seminars have you taught?
15. What volunteer work have you done for SZ?

Medical Questions:

1. Please list any medical problems or needs that we need to be aware of
2. Please list any physical limitations.
3. Emergency contacts (name and phone number).



Please be self aware and mindful that this is a ten-day intensive. The training can be physically and emotionally challenging at times. If you have a serious medical condition (this is defined as psychological or physical), it is important that we know about it before hand. Please be advised that there is no medical staff on hand to handle emergencies, and all emergencies will be turned over to the appropriate local medical professionals. Thank you for your mindfulness.

My diet is: Vegetarian, Regular diet, Gluten free, Wheat-free, Dairy-free

Other dietary limitations: _____

Note: If any guests have special dietary needs, please let us know

Do you snore? Yes No

Are you early to bed or a night owl?

I wish to room with: _____