

Registration Form

Shen Zhen Gong with Don & Lisa
In Moab, Utah, March 4-6, 2016

Friday March 4th, 1:00 -5:00
Saturday, March 5th, 9:00-5:00
Sunday, March 6th, 9:00-5:00

Moab Arts & Recreation Center
Dance Room
111 East 100 North

Home: _____
Address: _____
State: _____ Zip: _____
Phone: _____
Email: _____

- \$200 Friday, Saturday & Sunday**
 \$185 Saturday & Sunday
 **\$60 Friday only - Heaven
Nature Gong Review**

Please send 50% deposit or full amount by February 20, 2016. Please note: **THIS CLASS IS EXPECTED TO FILL.** Please make checks payable to: **Phoenix Rising Center**, mail to:

Phoenix Rising Center
76 South Main, Ste #10
Moab, UT 84532

Total due _____ Total Enclosed _____

- I would like to receive acupuncture CEU's



*Within the depths of the human heart lies a paradise waiting to be experienced. It is the experience of Sheng Zhen ~ the experience of unconditional love. It is what every human being yearns for in his search for pleasure, happiness, peace and contentment.
It is man's ultimate quest.*

The human being can truly rest only when he has experienced the fullness of unconditional love in his heart. Often hoping to find answers to life's questions, he looks everywhere outside of himself to satisfy his needs. It is ironic that the very thing he is searching for is found resting in his heart.

Through the practice of Sheng Zhen Gong, the heart is opened; the experience of unconditional love becomes tangible and accessible. As the qi flows through the body in the practice, it brings about an experience of inner delight. This can only be described as being in a state of love.

*Slowly and naturally, balance, harmony, wisdom, compassion, joy and divine inspiration characterize one's existence.
Such is the gift of Sheng Zhen*

For more information, including directions, go to:
www.phoenixrisingmoab.com
email: donald@phoenixrisingmoab.com
or contact:

DONALD LEATHERS
Phone: 435-259-8123
76 South Main, Ste #10
Moab, UT 84532

Sheng Zhen



SHENG ZHEN
GONG



WITH TEACHERS

Don Leathers & Lisa De Rees

Present three forms

**Heart Mind as One
Listening to the Heart
& Heaven Nature Gong Review**

March 4-6, 2016

Moab, Utah

SHENG ZHEN CERIFIED TEACHERS

Don Leathers & Lisa De Rees

Step by step, we will learn and practice **Heart Mind as One**, a standing form to calm the disposition. With a calm disposition one has no worries and is able to nurture Qi, in harmony and the body is in balance.

Listening to the Heart, is a seated form. Within each of us, we are able to tap into the endless source of joy in the heart, returning to our natural state.

Heaven Nature Gong is a standing form to be reviewed. This form is full of compassion and grace, developing healthier muscles through relaxed movements and ease.

Please join us, invite love and qi to nourish your heart, body, mind and spirit.

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**Moab Arts & Recreation Center Dance Room
111 East 100 North**

Please allow extra time to find our location.

Wear comfortable, loose clothing.

Bring yoga mats, cushions, blankets and water bottle.

Sheng Zhen



SHENG ZHEN GONG

Sheng Zhen is found in the heart of every human being as a seed waiting to be watered and nourished. Once Sheng Zhen is experienced in the heart, it is seen everywhere. There is nowhere it does not exist, for the very fabric of existence is Sheng Zhen.

Sheng Zhen Gong (*shung jen goong*)

Is a unique system of qigong, an ancient form of healing movement and meditation that has been practiced for thousands of years.

Qi (chee) is present in all heavenly bodies, in the entire universe. Qi is our very life force, the energy we are born with. It is in the air we breathe and the food we eat. From qi comes life. Qi is the basis of life. Where there is Qi, there is life. Where Qi is non-existent, life too becomes non-existent.

Gong translates as “work”. It is the principle of Qi in action. Qi at work cultivates the Sheng Zhen spirit in oneself.

When Qi cannot flow freely, the quality and the quantity of Qi will deteriorate. This can be experienced as fatigue, poor health, loss of focus, low motivation, depression, anxiety. The natural state of being at ease and in harmony with one’s surroundings becomes harder to maintain or even experience.

Sheng Zhen Gong uses awareness and movement to harness the natural exchange of Qi between ourselves and the universe. These simple movements improve health, balance emotions, open the heart, and elevate the spirit.

Sheng Zhen translates as “sacred truth,” also “unconditional love.” Sheng Zhen Gong is the qigong of unconditional love. It is more than a movement, more than exercise, more than meditation, more than a philosophy.

Sheng Zhen Gong is unique in that it naturally opens the heart. Love and Qi are seen to be original, universal energies that are intertwined. As one’s heart opens through regular practice, love and Qi flow easily, naturally. One is able to settle into a state of ease, the qigong state, the peaceful state of “merging into all,” a return to Oneness.