



Invitation to
The Sheng Zhen Teacher Training # 35
Texas, May 30 – June 8, 2016

Dear Friends,

Greetings from the International Sheng Zhen Society! It is with great joy that we invite you to participate in the 2016 Teacher Training Course in Texas late next spring.

The **20th Anniversary of the International Sheng Zhen Society** will be celebrated during this training. This celebration is open to everyone, even if not attending TT. Hotel rooms will be available at a reasonable cost.

As in the 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 teaching techniques. Furthermore, it aims to introduce a broader perspective of qigong as a whole and assist in enriching one's understanding of the practice.

Master Li Junfeng will conduct the Sheng Zhen Gong Teacher Training. Li Jing will be assisting him.

The weekend before Teacher Training, May 28 & 29, Master Li will conduct a workshop in Austin at AOMA, sponsored by Sheng Zhen Austin. There will be hotel rooms available at the Holiday Inn near there. Registration for this workshop will be separate from the TT application.

WHEN

(May 28 & 29: Weekend workshop in Austin – Union of Three Hearts – Register separately with Francie Shimaya. Details to be given later.)

May 30: Arrival at Teacher Training. Check in and registration start at 4:00 PM. Dinner will be served at 6:30 PM followed by evening training.

June 4: 20th Anniversary Celebration in afternoon at CYJ

June 8: Teacher Training ends evening of June 7. Leave CYJ after breakfast.

FEE

10-day **TT fee \$1900** per person \$900 (room & board) + 1000 (training fee) staying in *double rooms* or \$700 (room & board) + 1000 (training fee) = **\$1700** per person staying in *cabins*. This includes accommodation, meals and training fees. To guarantee the quality of the Teacher Training Course, the maximum number of participants will be limited to 50.

WHERE

THE VENUE IS CAMP YOUNG JUDEA IN WIMBERLEY, TEXAS.

We will be staying in a Jewish children's camp situated in Wimberley, 45 minutes outside of Austin in the beautiful Texas Hill Country. The camp is located in a naturally secluded setting on Cypress Creek, a spring fed creek that runs into the Blanco River in Wimberley. The village of Wimberley is a short drive from the camp, where you can find a bank, post office and several shops and galleries, cafes/restaurants and grocery stores.

For accommodations we have a choice of 1) double bedroom suites with a bathroom in the rooms 2) double bedroom suites with a bathroom between two adjacent rooms or 3) cabin style with 3-10 sharing a large bath. The camp has a large practice hall, and dining hall and other available spaces for practice. Food served will be Kosher for both vegetarians and non-vegetarians and will take into count common allergens of wheat, dairy and nuts.

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 March 15, 2016 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 15, 2016. Deadline for payment is April 30, 2016.**

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 Junfeng 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 know 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.
- 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 Wuji Yuan 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 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. 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.

IV. 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 two weeks once we receive your email to confirm if your application has been accepted. Submit on or before **March 15, 2016**. Slots will then be open to seminar participants and will be on a first come first served basis.

3. Once your application has been accepted, follow the **Payment Procedure** and the **Payment Process**, adhering to the payment deadlines. Deadline of full payment is **April 30, 2016**.

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 15, 2016**. Your name will then be put on a waiting list.

If your application is approved, you will be contacted no later than **March 23, 2016** by email. Late applications will be accommodated only if there is availability.

3. Once your application has been accepted, follow the **Registration Procedure** and the **Payment Process** that we will send later. Deadline of full payment is **April 30, 2016**.

****Please send:**

Application Form,

(LOR) Letter of Recommendation

and/or

(LOI) Letter of Intent to:

Ken Bloomer, 2504 Huntwick Dr., Apt 1203, Austin, Tx 78741

kenneth.bloomer@gmail.com

512-203-5901

16. 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.

17. My diet is: Regular diet Vegetarian Gluten/Wheat free Dairy-free

Other dietary limitations: _____

18. Do you snore? Yes No

19. Are you: Early to bed A night owl

20. I wish to room with: _____

21. This year we will offer 2 room choices:

_____ **\$1900** = \$900 + 1000 – Lodge/Namaste: 2 per room sharing bath with 2 suite mates

_____ **\$1700** = \$700 + 1000 – Cabin: 3-10 per room sharing a large bath

22. Will you need transportation to the Camp on May 30?

Yes _____ No _____

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

Please email a simple expression of interest while you are preparing your application to kenneth.bloomer@gmail.com

With love and blessings,

International Sheng Zhen Society and the Local Organizing team,

Kay Oliver, Ken Bloomer, Leesa Bolden and Francie Shimaya