

Sheng Zhen



International Sheng Zhen Society



Invites you to the
Sheng Zhen Teacher Training in the Philippines

February 18 - 24, 2024



Sheng Zhen Teacher Training is a commitment to love - to bring forth every person's highest capacity for contributing to a more loving world.

We work for heaven, we work for love.



Sheng Zhen



Dear Friends,

Mabuhay! Warmest greetings from the International Sheng Zhen Society!

It is with great joy that we invite you to participate in the 2024 Sheng Zhen Teacher Training course in the Philippines.

Both Sheng Zhen Meditation teachers and students are welcome to join the training as we honor their commitment to learn this life-affirming practice and to share it with the world.

This upcoming event promises to support one's practice and teaching abilities with practical teaching techniques. Furthermore, it aims to introduce a broader perspective of Sheng Zhen Meditation as a whole and enrich one's understanding of the practice.

We are honored to have Master Li Junfeng, the founder of Sheng Zhen Meditation, to conduct the Teacher Training.

We are looking forward to your presence and to welcome you warmly to our Philippine Islands!

With love and blessings,
Your Sheng Zhen Philippine family
ISZS Foundation

ON THE SHENG ZHEN TEACHER TRAINING – PHILIPPINES 2024



DATE:

February 18 – 24, 2024

(7 Full Training days)

- All participants must arrive in the Philippines no later than Feb. 17 as a chartered bus will bring the participants to the venue on the morning of Feb.18.
- SZ Teacher Training starts on Feb. 18 at 10am & will end on Feb. 24 at 8pm.
- Departure back to Manila will be on Feb. 25 after breakfast at 9am.

VENUE:

St. Scholastica's Center of Spirituality

Kanangaan Road, Inuhin West,
Tagaytay City, Philippines

St. Scholastica's Center of Spirituality is a retreat house tucked in a small farming community located about fifty miles south of Manila, in a cool mountain region of Tagaytay. Its simple and modest surroundings has made it an ideal place for inner work and reflection. A place that allows one to pause, let go of distractions, live a simple life and make time to focus on inner growth.

Like a dear old friend, this retreat center welcomes us back to a place where we've held numerous SZ TT sessions. In the upcoming SZ TT 2024, St. Scholastica's Center of Spirituality will offer us an enclave where we can continue to deepen our understanding of the Sheng Zhen philosophy and grow together as One family.



FEE:

The fee for one participant includes the following for the duration of the training:
Training fee, food & lodging and transportation to/from the training venue

Regular Rates

- **USD \$ 1,350** (single occupancy w/ private bathroom)
- **USD \$ 1,200** (double occupancy w/ private bathroom)

Early Bird Rates

Discounted rates will be offered to those who send in their application and payments **on or before November 15, 2023.**

- **USD \$ 1,300** (single occupancy w/ private bathroom)
- **USD \$ 1,150** (double occupancy w/ private bathroom)

NOTE:

Due to the intensive nature of the training program, participants must attend all 7 full days. Part-time attendance is not permitted.

More information will follow. Please take note of the following:

1. You will receive an email confirmation approximately one week after submission of your application.
2. Once your application has been accepted, payment instructions will be sent to you.
3. Late applications will be accommodated only if there are availability of slots.
4. We will be requesting your complete arrival/departure and other necessary information later.

Application Deadline: Dec. 15, 2023

Payment Deadline: January 8, 2024

I. PREREQUISITES FOR ATTENDING THE SHENG ZHEN TEACHER TRAINING

In order to attend a SZ TT, everyone (this includes seminar participants) must have previously learned the following forms:

- Gathering Qi & Awakening the Soul
 - SZ Healing – Stages 1 & 2
 - The Union of Three Hearts Meditation & 9 Turns
 - Heaven Nature Contemplation & Heart Spirit as One
- or
- Heart Mind as One & Listening to the Heart

You may qualify as either of the following:

- A. Sheng Zhen Teacher in Training Participant
- B. Sheng Zhen Seminar Participant

The training experience during the retreat will be the same for all participants. Priority will be given to Certified Sheng Zhen Teachers and Sheng Zhen Teacher in Training Participants. However, after Nov. 15, course slots will also be given to participants in the waiting list. Thereafter, slots will be given on a first come, first served basis. This will give new aspirants an opportunity to make arrangements to attend.

Application deadline is on December 15, 2023, and the deadline for payment for the course fee in on or before January 8, 2024.

Please take note of the prerequisites written below.

A. Sheng Zhen Teacher in Training Requirements

Either of the two below:

- You have studied Sheng Zhen Meditation forms for a minimum of 2 years. This includes a minimum of 54 instruction hours from a certified or approved SZ teacher 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 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. The SZ web site www.shengzhen.org provides a list of certified teachers in your area.

B. Sheng Zhen Seminar Participant Requirements

This option applies to those who do not meet 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.

Once you've decided you want to join a TT, there are 1 or 2 things you need to submit with your application form:

1. Letter of Recommendation [LOR]*

A LOR is required only if you have never attended a 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.

2. Letter of Intent [LOI]*

All participants must write an LOI prior to each TT attended.

The LOI is to be written in your own words, answering these 3 questions:

- 1) What Is Sheng Zhen Meditation?
- 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 (have no conflict with others) and know the various Sheng Zhen Meditation forms.

All participants are encouraged to share the practice with their friends and family after they have learned from Master Li and/or a local Sheng Zhen Teacher. Sharing is not just about teaching the forms but rather it is about embodying, understanding and living the Sheng Zhen philosophy.

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 nor private classes. It is about practicing teaching the SZ forms to a group of people.

All SZ Teacher Certifications are valid for 2 years.

To maintain certification, SZ Teachers are required to continue their training by participating in a SZ TT every 2 years.

** Certification will be given when participant has fulfilled all the prerequisites and has attended at least 2 SZ Teacher Trainings.

The complete listing of Sheng Zhen Teacher certification requirements may be viewed at <https://shengzhen.org/>

III. SHENG ZHEN CERTIFIED TEACHER PRINCIPLES

- Must follow and maintain the same SZ philosophy standards, explain the movements as defined by Master Li and Li Jing and use only the official Sheng Zhen DVD's, books, webinars and YouTube videos as teaching tools. Teachers are not licensed to create 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 and share the practice.
-

IV. APPLICATION INSTRUCTIONS FOR:

A. Sheng Zhen Teachers and Teacher-in-Training Participants

1. Fill out and send the Application Form
2. Along with the Application, submit a Letter of Recommendation (**LOR**) (only if it is your first-time joining a SZ TT)
3. Letter of Intent (**LOI**)

*See guidelines for the LOR and LOI on previous page)

Complete these requirements and send to the TT contact person mentioned below.

B. Sheng Zhen Seminar Participants

1. Take note of the requirements mentioned under Section I, point B. under Sheng Zhen Seminar Participant Requirements. You must have studied with Master Li, a Certified Sheng Zhen Teacher, or under an Approved Sheng Zhen Teacher.
2. Fill out the Application Form.
A reminder that teachers in training participants and certified teachers will be given first choice at available slots.
3. Send your completed Application Form, Letter of Recommendation (**LOR**) and Letter of Intent (**LOI**) to the TT contact person mentioned below.

*See guidelines for the LOR and LOI on previous page.



To join this training, please complete the following:

1. Application form
2. Letter of Recommendation (**LOR**)
(for participants joining TT for the first time)
3. Letter of Intent (**LOI**)
(applies to all participants)

Send these to ISZS Philippine contact person:

Inday Poblador

Email: reginapoblador@gmail.com