

## REGISTRATION FORM

*Weekend Cultivation Training*

Friday (optional), Sat & Sun

Sep 30, 1:00 pm - 5:00 pm

Oct 1-2, 9:30 am - 5:30 pm

### Registration Options:

1. fill and mail this form

2. phone: 720-722-1143

3. online ("EARLY" coupon\*):

[LivingLoveCommunity.com/Li](http://LivingLoveCommunity.com/Li)

*Acupuncture CEUs available*

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

- Receive NCCAOM CEU's
- \$325\*/\$375 Fri + Sat/Sun
- \$250\*/\$300 Sat/Sun Only

*\* Early Bird Rate Ends Aug 1*

**Add \$40 food fee** (required:  
includes sat+sun lunch, tea,  
coffee, muffins, fruit, nuts)

Gluten-free  Vegetarian

**MAKE CHECKS PAYABLE TO:**

Living Love

2305 E Arapahoe Rd Ste 123

Centennial, CO 80122

## Sheng Zhen Practices

### *Strengthen the Body*

- Increases Flexibility
- Improves Blood Circulation
- Supports the Immune System

### *Relax the Mind*

- Balance the Emotions
- Feel Calm and Centered
- Cultivate Stress-Resilience

### *Open the Heart*

- Access unconditional love
- Learn to trust and open to life
- Align with a space that is un-  
touched by any stress/trauma

*Sheng Zhen*



**Contact Information:**

720-722-1143

[ShengZhen.org](http://ShengZhen.org)

[LivingLoveCommunity.com/Li](http://LivingLoveCommunity.com/Li)

[Service@LivingLoveCommunity.com](mailto:Service@LivingLoveCommunity.com)

# Sheng Zhen

*Heart Cultivation Practices*



## Healing Movements

*Body-Mind-Heart Wellness*

Taught by Master Li Junfeng,  
World-Renowned Teacher

TAKE ADVANTAGE OF THIS RARE OPPORTUNITY  
TO STUDY WITH A TRUE MASTER LEVEL TEACHER

**SEP 30 - OCT 2, 2016**

Greystone (Astoundingly Gorgeous!)  
Venue Near Evergreen / Golden, CO

*Learn a moving meditation form  
for daily contemplative practice*

*Learn to relax the body and focus  
the mind with joyful movements*

# Body-Mind-Heart Cultivation Practices

Sheng Zhen Gong is a comprehensive system of moving forms and non-moving meditations that are coupled with contemplations and philosophy.

Sheng Zhen practice involves training the body to relax and the mind to focus. This is accomplished through moving gracefully through engaging and flowing forms that tell a story of opening the heart and living a life filled with profound care and love.

***Train the body to relax & the mind to focus with Sheng Zhen Practices***



The president of the Sheng Zhen Society, Master Li Junfeng, is a world renowned teacher. He was the head coach for the Beijing wushu team that won numerous

awards. He starred in martial arts movies and trained Jet Li. He is now teaching Sheng Zhen Gong full time and has dedicated his life to sharing this meaningful system of cultivation practices with the world at large.

*“Struggling to live with celiac disease and chemical sensitivities left me crying almost every night. I couldn’t imagine my life without pain. Practicing Sheng Zhen daily brought movement to my spine and a renewed sense of hope. My physical therapists were amazed at my body’s rejuvenation; family and friends remarked at my happiness. I feel that Sheng Zhen has given me back my life.” -Kay W.*

## The Chronic Stress Crisis

We live in a culture and a time where there is excessive worry and stress. There are an overwhelming number of distractions. We are trained in our culture to constantly check the cell phone, monitor email, and we work more hours than ever before.

***Sheng Zhen helps you learn how to stay calm & centered during stress***

By training not only the body through movement, but also the mind with a state that remains calm in the face of challenges, Sheng Zhen helps us to manage stress and stay relaxed.

***Forms are graceful and fun to do!***

Would you be more likely to actually commit to doing a daily practice if it were fun and active? Sheng Zhen is a joy to do, and the movements feel good for the body & relax the mind!



## Master Li Junfeng

*Head teacher & president for the International Sheng Zhen Society*

Master Li travels and teaches Sheng Zhen internationally. However, the opportunity to study with Master Li is a rare and cherished gift. Though in his late 70’s, he is full of life and passionate about spreading heart cultivation practices far and wide.

**SPACE IS LIMITED - REGISTER EARLY!**

Over the next several years, Master Li will be winding down his travel schedule, and students will need to go to his home base to study with him. For those in the Colorado area, this is an incredible time to be able to easily receive training from one of the world’s top qigong masters!