

Sheng Zhen



An Invitation to Sheng Zhen Teacher Training  
**Eastover Estate & Retreat Center**  
Lenox, MA – May 25-June 1, 2019



Dear Friends,

Greetings from the International Sheng Zhen Society! It is with great joy that we invite you to participate in the 2019 Teacher Training at Eastover Estate & Retreat Center this Spring. As in all our 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 teaching techniques. Furthermore, it aims to introduce a broader perspective of Sheng Zhen Meditation philosophy as a whole, and enrich one's understanding of the practice.

Master Li Junfeng, the founder of Sheng Zhen Meditation, will conduct the Teacher Training and Li Jing will be assisting him.

PLEASE NOTE THE FOLLOWING:

- 2019 TT starts at 9:30am on Saturday, May 25<sup>th</sup> and ends at 10:00pm on Friday, May 31<sup>st</sup>.
- As most people will be coming from out of town, the prices below are based on arriving at Eastover on Friday, May 24<sup>th</sup> and departing Saturday, June 1<sup>st</sup>.
- You can change the arrival date on the Eastover booking page if you do not need the extra night at the start and it will reflect the adjusted room and board rate, but everyone should plan to depart on June 1<sup>st</sup>.
- Please submit your application and await confirmation of acceptance before booking with Eastover.
- Tuition is \$800. For a couple, the second person's tuition is \$700.

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## FEE

### 8-day TT fee options (arriving 5/24, leaving 6/1):

- 1) Shared rooms (3 people) with private bathroom:  
**\$1911.60** per person = \$1111.60 room & board + \$800 training fee
- 2) Shared rooms (2 people) with private bathroom:  
**\$1927.20** per person = \$1127.20 room & board + \$800 training fee
- 3) Single rooms with private bathroom:  
**\$2631.68** per person = \$1831.68 room & board + \$800 training fee
- 4) Couples Queen rooms with private bathroom:  
**\$3990.34 per two people** = \$2490.34 room & board + \$1500 training fee
- 5) Couples King rooms with private bathroom:  
**\$4169.06 per two people** = \$2669.06 room & board + \$1500 training fee

In addition to lodging, these costs include all meals and training fees.

## WHERE

### Eastover Estate & Retreat Center

430 East Street

Lenox, MA 01240

Phone: (866) 246-5139

Email: [events@eastover.com](mailto:events@eastover.com)

See [www.eastover.com](http://www.eastover.com) for more information.

## NOTES

- TT Attendees must attend all 7 days. Due to the intensive nature of the program, part-time attendance is not permissible.
- Deadlines:
  1. Application: **March 1<sup>st</sup>, 2019**
  2. Payment: **May 1<sup>st</sup>, 2019**
- Eastover will provide three healthy meals a day, beginning with dinner the night of arrival, and ending with breakfast the day of departure. Our chefs prepare a primarily vegetarian menu that is both wholesome and flavorful. Eggs are available at every morning meal. A protein option of chicken OR fish will be offered on Friday and Saturday evenings. A dessert is also offered on Friday and Saturday evenings. It is our intention to offer the highest quality organic and locally sourced vegetables and produce. For the Sheng Zhen group, some portion of the meal budget will be allocated to accommodate people who need daily meat protein. Each day canned tuna, chicken cutlet, or turkey breast is offered with salad at lunch time.
- For people with special needs other than normal gluten free or dairy free requests, the local health store Guido's is only 10 minutes away. There is also a staff kitchen available for self-meal preparation.

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## I. PREREQUISITES FOR ATTENDING SHENG ZHEN TEACHER TRAINING

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In order to attend a SZ TT, everyone (this includes seminar participants) **must have** had education in the following forms:

- Gathering Qi and Awakening the Soul
- SZ Healing – Stages 1 & 2
- The Union of Three Hearts and 9 Turns; and
- **Either** Heaven Nature and Heart Spirit as One  
**Or** Heart Mind as One and Listening to the Heart

You may qualify as **A. Sheng Zhen Teacher-in-Training Participant** or as **B. Sheng Zhen Seminar Participant**. The training experience during the retreat will be the same for all participants. First priority is given to Certified Sheng Zhen Teachers and Sheng Zhen Teacher-in-Training Participants. However, after February 1<sup>st</sup>, 2019 places will also be given to those on the seminar participant 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 1<sup>st</sup>, 2019 and deadline for payment is May 1<sup>st</sup>, 2019**

### **A. Sheng Zhen Teacher-in-Training Requirements**

- **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](http://www.shengzhen.org) provides a list of certified teachers in your area.

### **B. Sheng Zhen Seminar Participant Requirements**

This option is for those who do not have 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 hours will count as **class hours accumulated** and not certification hours. 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] required for first time applicants

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](http://www.shengzhen.org).

2. **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 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\*\***

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### **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 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. The sharing is not about teaching the forms.

### **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. It is about practicing teaching the SZ forms to a group of people. Not private classes.
4. All SZ Teacher Certifications are valid for 2 years. To maintain certification, teachers are required to continue their training **every 2 years**.

**\*\* 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.shengzhen.org](http://www.shengzhen.org).**

### III. SHENG ZHEN CERTIFIED TEACHER PRINCIPLES

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#### All Sheng Zhen Teachers:

- Must maintain the same standard, philosophy, and explanation of movements as defined by Master Li and Li Jing and use only their DVD's, books, webinars and YouTube videos as teaching tools. Teachers must not 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

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

1. Fill out the **Application Form** on the next page.
2. Send your completed **Application Form, Letter of Recommendation [LOR]** (if applicable) and **Letter of Intent [LOI]** (see guidelines for the LOR and LOI on previous page) to the TT contact person mentioned below by the application deadline of March 1st, 2019. We will respond with our determination within approximately one week.
3. Once your application has been accepted, the **payment instructions** will be sent to you. Please adhere to the payment deadline.

#### B. Sheng Zhen Seminar Participants:

1. Take note of the requirements mentioned under Section I, point B. **Sheng Zhen Seminar Participant Requirements**. You must have studied with Master Li, a Certified Sheng Zhen Teacher, or an Approved Sheng Zhen Teacher.
2. Fill out the **Application Form** on the next page. A reminder that Teachers-in-Training Participants and Certified Teachers have first chance at available space.

3. Send your completed **Application Form, Letter of Recommendation [LOR]** (if applicable) and **Letter of Intent [LOI]** (see guidelines for the LOR and LOI on previous page) to the TT contact person mentioned below by the application deadline of March 1<sup>st</sup>, 2019. We will respond with our determination within approximately one week. Late applications will be accommodated only if there is availability
4. Once your application has been accepted, **payment instructions** will be sent to you. Please adhere to the payment deadline.

Send:

- Application form
- Letter of Recommendation [LOR] (if applicable)
- Letter of Intent [LOI]
- Any questions

To: **Michelle Quigley**  
29 Old Stage Coach Road, Weston, CT 06883  
mlqlmt@gmail.com  
(203) 216-8874



*Eastover Estate & Retreat Center welcomes Sheng Zhen Meditation students, and honors their commitment to learn this life-affirming practice, and to share it with the world.*







4. How many hours of classes, workshops or Teacher Trainings as a Seminar Participant have you attended? Please try and calculate the hours to the best of your ability (note: TTs are usually counted as 8 hours per day, and only TTs attended as Seminar Participant can be counted as class hours)

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5. When was your first TT as a Seminar Participant? \_\_\_\_\_

**Additional Questions for Teacher-in-Training Participants:**

6. When was your first TT as a Teacher-in-Training Participant? \_\_\_\_\_

-7. When was your second TT as a Teacher-in-Training Participant? \_\_\_\_\_

8. How many total hours of Sheng Zhen Meditation have you taught since your first TT as a Teacher-in-Training Participant?

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**Complete this section for Certified Teachers:**

9. In what year were you first certified as a SZ Teacher? \_\_\_\_\_

10. When was your last TT? \_\_\_\_\_

11. How many hours of teaching have you done since certification? \_\_\_\_\_

12. How many 2 full-day weekend seminars have you taught? \_\_\_\_\_

13. What volunteer work have you done for SZ? \_\_\_\_\_

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14. How many articles have you published or how many interviews have you done about Sheng Zhen Meditation?

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**Medical Questions (all participants to complete):**

Please list any medical problems or needs that we should be aware of:

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Please list any physical limitations: \_\_\_\_\_

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Emergency contacts (name and phone number): \_\_\_\_\_

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Please be self-aware and mindful that this is a seven-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 beforehand. 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 understanding.

My diet is:  Vegetarian  Meat in diet  Gluten free  Wheat-free  Dairy-free

Other dietary limitations/allergies: \_\_\_\_\_

Do you snore?  Yes  No

Are you early to bed or a night owl? \_\_\_\_\_

I wish to room with: \_\_\_\_\_

**Please check the box if you prefer not to be filmed**

Signature \_\_\_\_\_ Date \_\_\_\_\_