REGISTRATION

Name:_____
Address:_____
State:_____Zip:_____
Email:_____Phone_____

Friday, 12/6, 1-5 p.m. ____ $60/$75 (after11/20)
Saturday, 12/7, 9 a.m.-5 p.m. _____ $140 / $160 (11/20)
Sunday 12/8, 9 a.m.-5 p.m. ____ $140 / $160 (11/20)
Attend both 12/7 & 12/8 _____$260 / $300 (11/20)

Lunch & snacks included in cost for 12/7 and 12/8

Are you Vegan____Vegetarian____GF_____Other_____

Event free for A&M students, PEAP/HLKN faculty/staff

Payment options:

PAYPAL:

https://www.paypal.com/paypalme2/ShengZhenSchool

Check made out to Sheng Zhen School LLC
Mail to : Lisette Templin,
9321 Whitney Lane, College Station, TX 77845

There will be no refund after 12/01/19

Please allow time to park. Arrive 30 minutes to classroom before start of workshop to settle in. For weekend workshop, wear comfortable, loose clothing. Bring a yoga mat, meditation cushion and bottle of water. Chairs provided

Contact Us

lisettetemplin@tamu.edu / lisettetemplin@gmail.com
dorian.martin@gmail.com; jennidejong@gmail.com

CEU Credit

This course provides up to 12 continuing education/professional development activity units for recertification by: National Certification for Commission for Acupuncture and Oriental Medicine **&** American Holistic Nurses Association

WORKSHOP: HEALTH AND EMPOWERMENT: THERE'S NOTHING WRONG WITH YOU
Friday, Dec. 6, 1-5 p.m.

This workshop will explore how relaxing the body, calming the mind and opening the heart can increase a person's vital force, presence, inner wisdom and guidance. In addition, we'll examine through naturopathic medicine how blocks such as a poor environment, emotions and decreased vital force can damage health. Master Li and Dr. Don Leathers will share how Sheng Zhen Meditation--which focuses on cultivation, purification and connection of qi (life force) and unconditional love—and creating a team of health professionals can help you tap into your inner wisdom in order to be healthy and empowered.

WEEKEND WORKSHOP: HEART MIND AS ONE
Saturday, Dec. 7 from 9 a.m.-5 p.m.
Sunday, Dec. 8 from 9 a.m.-5 p.m.

Master Li, with the assistance of Senior Sheng Zhen Meditation teacher Dr. Don Leathers, will teach the form Heart Mind as One. This beautiful form helps the participant experience meditation in motion as the body deeply relaxes, the mind quiets, and the emotions are calmed. This state of meditation is achieved through the synchronized flow of mind, body and breath.

Location

Physical Education Activity Program
Rm#115(PEAP)
Building 4245, **Texas A&M**
632 Penberthy Blvd,
College Station, TX 77843

www.shengzhen.org

TRUSTING THE WISDOM OF THE INNER SELF

Sheng Zhen

Sheng Zhen Meditation & Naturopathic Medicine Workshops

PHYSICAL EDUCATION ACTIVITY PROGRAM
TEXAS A&M UNIVERSITY

Dr. Donald Leathers

Dr. Don Leathers has practiced naturopathic medicine for 29 years. A graduate of the Northwest University of Natural Medicine in Portland, OR, Don has a general practice, Phoenix Rising Center in Moab, UT, where he treats patients of all ages. These cases include chronic and acute illnesses.

Don has studied martial arts for 45 years, including Taiqi, Baqua, Hsing-I and Qigong. He began studying Sheng Zhen Meditation with Master Li in 1998. Don credits the internal arts for helping him experience and understand the essence of life and uses this profound knowledge to empower people to learn how to care for their health and well-being.

He currently serves as co-chair of the Sheng Zhen Society of America's board of directors, as the director of the International education department, part of the international worker team and a certified teacher of Sheng Zhen meditation.

Our Mission

Guided by the spirit of Unconditional Love, we share Sheng Zhen Meditation movements and meditation practices to relax the body, quiet the mind, and open the hearts of all humanity.

Our Philosophy

Sheng Zhen can be translated into either "Sacred Truth" or "Unconditional Love". Unconditional Love is the original creative source energy. This original energy is from the Universe. Therefore, unconditional love is the source. It is the source from which all was born. In the beginning, there was just love energy. If there was not love, the universe would not exist. Love is transformed into Qi. Qi is transformed into yin and yang. From this, physical reality was created. Qi is the essence of life and is the origin of life. With Qi, everything grows. Without Qi, everything is dead. Qi is life force. It comes from love. Qi and love never separate from each other. Qi is hard to measure and to see, but it is always there. Love generates everything.

Master Li Junfeng

Master Li is one of the true living masters of our time. He is the driving force behind bringing Sheng Zhen Meditation, practices of Unconditional Love, into the world. His life is a testament to the value of practicing this system. Master Li travels internationally to train and certify Sheng Zhen Meditation teachers and to practice or simply spend time with his students. In doing so, he shares his passion, wisdom, humor, and love, so that others can also experience the profound joy that permeates his entire being. Master Li's goal is a world suffused with Unconditional Love, in which every person truly loves their neighbor as if they were family. He believes that the practice of Sheng Zhen Meditation is the key to achieving this vision. With regular practice, one comes to experience a Sheng Zhen state: a life steeped in Unconditional Love.

"A master is someone who shows mastery of a way. A teacher is a master who can teach others to master a way." - Chinese Proverb