

JOIN WORLD-RENOWNED TEACHER MASTER LI FOR

## HEALING MOVEMENTS

SHENG ZHEN GONG - HEART CULTIVATION PRACTICES

FRI (OPTIONAL), SAT & SUN CULTIVATION TRAINING SEP 30<sup>TH</sup> 1PM - 5PM, OCT 1-2<sup>ND</sup> 9:30AM - 5:30PM

GREYSTONE MANOR (ASTOUNDINGLY GORGEOUS VENUE!) IN EVERGREEN, CO (30-45 MIN FROM BOULDER/DENVER)

Take advantage of this RARE opportunity to study with a true master level teacher! Master Li is the principal teacher for the International Sheng Zhen Society. He was a movie star & famous martial arts coach in China. Now he only teaches Sheng Zhen, a comprehensive system of moving forms and non-moving meditations with contemplations and philosophy. You will learn a fun moving form in this weekend training

Strengthen the Body. Relax the Mind. Open the Heart.

\$325\*/\$375 for Fri + Sat/Sun or \$250\*/300 for Sat/Sun Only +\$40 Food Fee (required: includes Sat/Sun lunch, snacks, etc.) \*Early bird expires Aug 1<sup>st</sup>