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**Sheng Zhen Self-Healing Retreat**

**Heaven Earth Heart Mantra**

**Jing Li**  
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**March 19 - 21, 2020**  
 **Jerusalem**

**Israel**

**Sheng Zhen Meditation   
Quiet the Heart and Mind, relax the Body, be one with Nature!   
Be one with the power of Love**

We shall primarily focus on the form of **'Heaven Earth Heart Mantra'**,and additionally,we shall do some standing practice.   
  
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**Date & Time**: The program begins Thursday March 19th at 10:00 and ends on Saturday March 21 at 17:00. **Program**: • Sheng Zhen Meditation –Heaven Earth Heart Mantra

• Heart-Mind power in self-healing   
  
**Location**: **Notre Dame de Sion Ein Kerem‏**, **Ein Kerem**, **Jerusalem**, **Israel.**  
 The Monastery is a beautiful, quiet place.   
Upon entering the grounds of Notre de Dame de Sion, one is immediately entering a sanctuary of peace, quiet, meditative reflection and serenity.

**Airport**: **Ben Gurion Airport**, Tel Aviv. (**Notre Dame de Sion Ein Kerem** is a 30-minutes drive from the Airport.

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**For more Details & to Register:** [dina.shafrir@gmail.com](mailto:dina.shafrir@gmail.com)  
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**I would like to sign up:**

1. My Name

2. Country I am from

3. My E-mail

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With love,  
Sheng Zhen Meditation Israel