



An Invitation to Sheng Zhen Teacher Training

Tagaytay, Philippines

January 31 - February 6, 2020



Dear Friends,

Greetings from the International Sheng Zhen Society! It is with great joy that we invite you to participate in the 2020 Teacher Training Course in Tagaytay, Philippines. 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 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, principal teacher, will be assisting him.



Sheng Zhen Teacher Training Tagaytay, Philippines

DATE

January 31 - February 6, 2020

- All participants must arrive in Manila no later than January 29, one day before the event to have ample time to adjust to the local environment.
- As the training venue is a few hours away from Manila, participants will be travelling by bus to Tagaytay on January 30.
- The session will begin in the afternoon of January 30. It will end in the morning of February 7 and the group will return back to Manila before noon.

FEE

7-day Teacher Training Fee:

- All rooms are Single occupancy (1 person per room) with its own private bathroom.
- The fee includes the following:
 - training fee, food, accommodations, and transportation to/from Tagaytay.
- **Early Bird Fee: \$ 1,100.00 (paid on or before October 15, 2019)**
- **Regular Fee: \$ 1,300.00**



WHERE

St. Scholastica's Center of Spirituality

Address:

Kabangaan Road,
Tagaytay City, Cavite
Philippines

Phone: +63 46 483-1535

Website:

<http://stscholasticacenter.ph/>

NOTES

- Participants must attend all 7 full days. Due to the intensive nature of the program, part-time attendance is not permissible.
- **Deadlines:**
 1. Application submission: **September 30, 2019**
 2. Payment:
 - Early Bird Payment Date: **October 15, 2019**
 - Regular Fee Payment Date: **November 15, 2019**
- More information will follow after submission of Application.

I. PREREQUISITES FOR ATTENDING SHENG ZHEN TEACHER TRAINING

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 Meditation and 9 Turns and
- **Either** Heaven Nature Contemplation 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 September 30, 2019, places will also be given to those in the seminar participant's 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 September 30, 2019 and deadline for payment on or before **November 15, 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** 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 will count towards **class hours accumulated** and not certification. 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]

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.

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**

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.shenzhen.org.**

III. SHENG ZHEN CERTIFIED TEACHER PRINCIPLES

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

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 September 30, 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 September 30, 2019. We will respond with our determination within approximately one week. Late applications will be accommodated only if there is availability of slots.

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: **Inday Poblador**

E-mail address:

sztt.phil2020@gmail.com



Sheng Zhen Philippines welcomes Sheng Zhen Meditation students, and honors their commitment to learn this life-affirming practice, and to share it with the world.