

SHENG ZHEN



Invitation to the Zhontian Yiqi meditation workshop – Austria 2011

With Master Li JunFeng

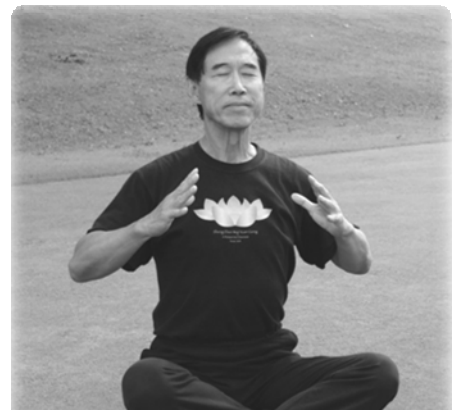
November 26 – December 1

Dear SZ-Friends!

We from Sheng Zheng Austria are delighted to invite you to participate at Master Li Jun Feng´s first meditation workshop in Austria. As it is a great opportunity to learn directly from the founder of Sheng Zhen Qigong and practice together the Zhontian Yiqi meditation, which is the “mother practice of Sheng Zhen” – we´d be pleased to meet you at this occasion.

Be sure, that this workshop will help you to deepen your meditation skills in both, non-moving and moving meditation. Therefore, join us to experience the stillness of an open heart!

Master Li will alternate the Zhontian Yiqi sitting meditation with Sheng Zhen Qigong movements.



When and Where

Saturday November 26, - Thursday December 1, 2011

Start on 26th from 2 p.m. Finish on 1st after lunch

Check in: at 12.00 noon, nov. 26.

The venue is called SZZ (SeminarZentrumZeitraum), which is located in Ostermiething, a small quiet village surrounded by soft hills 35 km north of Salzburg city. For visual view you may enter: www.szz.at



Who can join this 5 day workshop

The workshop will be open to everyone with some meditation experience.

To **register** for this 5 day workshop, please order the registration form at: info@shengzhen.at or visit our website: www.shengzhen.at

Investment:

Early registration € 680,- per person before April 15, 2011

Regular registration: € 720,- after April 15, 2011

*This includes accommodation (2 or more people in a room), meals and all training fees.
Regular price is for rooms with common bath.*

€ 45,- additional charge if you prefer a double room with private bath
or a small single room (single room with common bath).

Low budget accommodation: € 620,- *small space with bunk beds, curtains instead of a door*

Participation only on weekend: € 150,- *(meals and accommodation are not included)*

Payment Details:

Your space will be reserved with a **€ 200,- deposit and a completed registration**. The total payment must be received on or before November 1, 2011. Please notice that the early registration discount ends after April 15!

How to get there:

Nearest airports to the retreat location are: Salzburg SZG (35 km from our venue) or Munich – MUC (155 km)

Public transportation is available by train and bus or taxi via Salzburg.

You will receive more detailed information after registration.

Questions?

Please contact Alida: info@shengzhen.at or Gerlinde: info@lebendigsein.at

Warm greetings from

Sheng Zhen Austria Society

Local organizers: Alida Rudlof and Gerlinde Laschalt