

Qi is the essence of life. Qigong is the exchange of qi between us and the universe. Qigong promotes health and well-being by balancing the flow of qi in your body.

This intensive course is designed to be beneficial for students of all levels.

THURSDAY AND FRIDAY, DECEMBER 3 & 4
FORMS: HEART MIND AS ONE &
LISTENING TO THE HEART

Heart Mind as One: This qigong is for calming the disposition. A calm disposition has no worries and is able to nurture qi. Qi is in harmony and the body is in balance. This qigong is both moving and non-moving. The physical movements are for cultivating qi. The inner stillness is to bring you back to the heart. When the physical movements have ceased, your Heart experiences its original purity. It is then that you are released from your past confusions and difficulties.

Listening to the Heart gifts the practitioner with the experience of spontaneous joy. Many people have forgotten that within them is the source of the deepest joy and that returning to the natural state will enable one to tap into that endless source of joy in the Heart.

SATURDAY AND SUNDAY, DECEMBER 5 & 6
FORM: RELEASING THE HEART

Practicing **Releasing the Heart** has the power to bring about peace by removing distinctions between people and reducing conflicts and quarrels. It is a uniquely carefree and vigorous form. This practice has the power to alleviate the Heart's depressions. Practice this form in whatever manner is the most natural and comfortable for you and relish in your happy and peaceful Heart.



Rejuvenate your body, mind, and spirit with a unique opportunity to study Qigong with Master Li Jun Feng.

MASTER LI JUN FENG has dedicated his life to bringing Sheng Zhen Gong, the Qigong of Unconditional Love, to the world. He has taught various forms of qigong for more than 40 years and maintains an international teaching schedule.

REGISTER EARLY! MASTER LI'S WORKSHOPS ARE VERY POPULAR AND FILL UP EVERY YEAR.

For more information about Sheng Zhen Gong: www.shengzhen.org

REGISTRATION INFORMATION (MASTER LI - ABQ)

NAME _____

STREET ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE NUMBER _____

LICENSE # & STATE _____

LICENSE TYPE _____

AMOUNT ENCLOSED \$ _____ CHECK# _____

MC / VISA _____

SIGNATURE _____

EXP. DATE _____ 3 DIGIT V CODE _____

COST:

☐ **ALL FOUR DAYS \$450* / \$500**

☐ **Thurs. and Fri. only \$250* / \$300**

☐ **Sat. and Sun. only \$250* / \$300**

***Early registration Discount. Registration must be paid in full by November 13.**

CONDITIONS FOR REGISTRATION:

No one is considered registered until payment is received in our office. Checks or payment received after the cut-off date for early registration will need to be for the full amount. Early registration discount ends 10 business days (14 calendar days) prior to each seminar

CANCELLATION & REFUND POLICY:

A \$20.00 administrative fee applies to all cancellations and will be subtracted from refund. No refunds will be issued for cancellations made less than 14 calendar days before any particular seminar.

GOLDEN FLOWER CHINESE HERBS

2724 Vassar Place NE

Albuquerque, New Mexico 87107

contact us: toll-free 800.729.8509

fax this form toll-free 866.298.7541

or e-mail us at edu@gfcherbs.com

TIMES

THURSDAY AND FRIDAY, DECEMBER 3 & 4

FORMS: HEART MIND AS ONE &

LISTENING TO THE HEART

9:30 AM - 5:00 PM

Registration begins at 9:00 AM

SATURDAY AND SUNDAY, DECEMBER 5 & 6

FORM: RELEASING THE HEART

9:30 AM - 5:00 PM

Registration begins at 9:00 AM

COST

4 days—Thursday through Sunday

\$450* / \$500

Thursday and Friday only **\$250*/ \$300**

Saturday and Sunday only **\$250*/ \$300**

***Early Registration Discount.**

**Registration must be paid in full by
November 13, 2015.**

CEUs

This course provides up to 10 continuing education/professional development activity units for recertification by the NCCAOM.

LOCATION

Golden Flower Chinese Herbs

Sheng Zhen Center

2724 Vassar Place NE

Albuquerque, New Mexico 87107

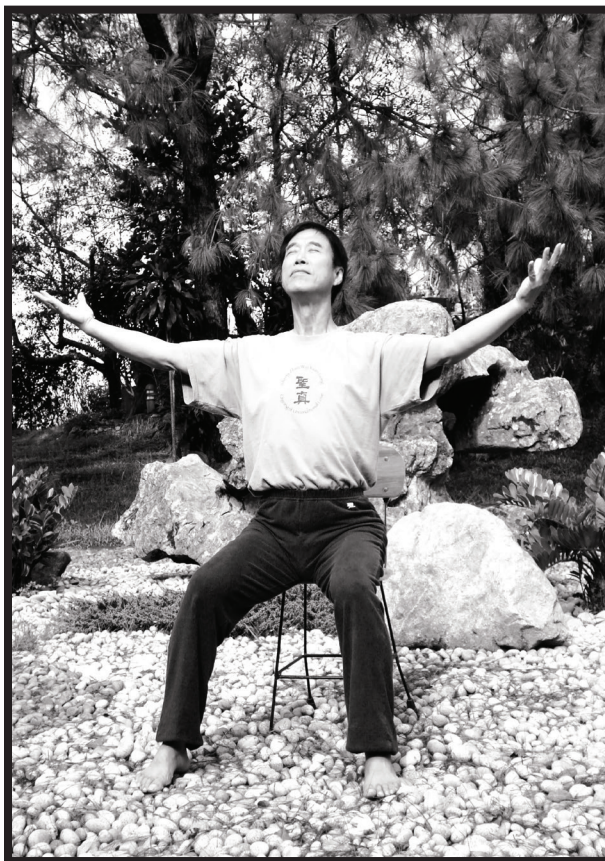
SHENG ZHEN NEW MEXICO & GOLDEN FLOWER CHINESE HERBS

present

**A QIGONG INTENSIVE FOR
PRACTITIONERS AND PATIENTS**

WITH

MASTER LI JUN FENG



**TWO SEPARATE WORKSHOPS
DECEMBER 3-4 &
DECEMBER 5-6, 2015
ALBUQUERQUE, NEW MEXICO**



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Albuquerque, New Mexico 87107
MASTER LI JUN FENG
Qigong Intensive
for Practitioners and Patients

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