



Invitation to

THE SHENG ZHEN TEACHER TRAINING Norway - July-August 2010

Dear Friends,

Warm greetings from the International Sheng Zhen Society!

It is with great joy that we invite you to participate in Teacher Training in Norway – at Randsfjorden, Hov i Land in summer 2010.
We hope to teach and inspire Sheng Zhen practitioners to share the gifts of the Sheng Zhen practices.

This upcoming event promises to support one's practice and teaching with standard teaching methods. Furthermore, it aims to introduce a broader perspective of Sheng Zhen Wuji Yuan Gong as a whole and assist in enriching our understanding of the practise.

Master Li Jun Feng and his daughter Li Jing will conduct the Teacher Training.
Sheng Zhen Healing Qigong part 1+2+3 will be taught, as well as first part of **Hanuman Qigong** and review **other Sheng Zhen forms**.

Master Li Jun Feng will also give a weekend course in Oslo July 24-25.

WHEN

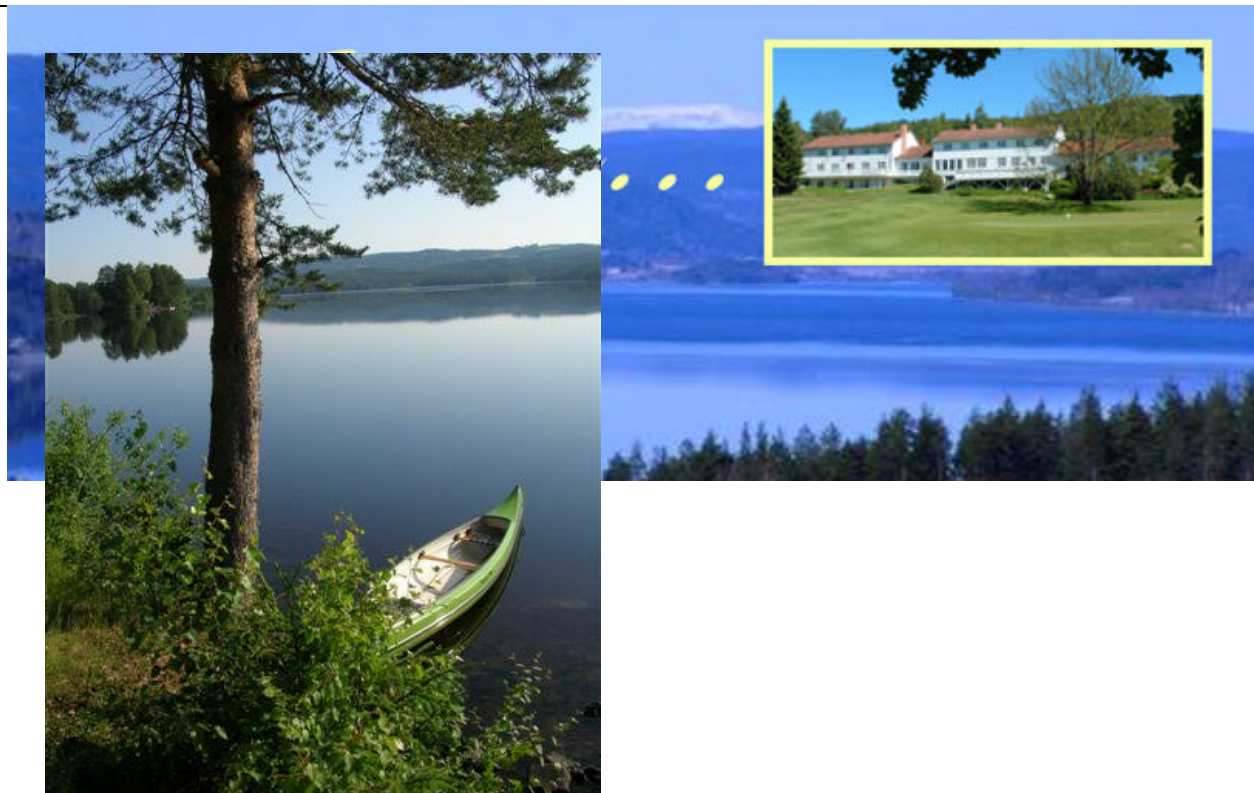
July 28 July-7 August

July 28 Arrival. Check in and registration starts from 14:00 O'clock .
Information-meeting after dinner.

July 29-6 Teacher Training

July 7 Teacher Training ends after lunch.

WHERE



The venue is Randsfjorden Gjestegaard, Fall, near Hov i Land.

The hotel is situated in the country side, overlooking the lake Randsfjorden, about a 2 hours drive north of Oslo. (There are regular buses from Oslo.) It is surrounded by green fields, a golf course and forests. It is a nice place for relaxation, swimming and walks. And of course Sheng Zhen Qigong! There is also a small café there and it is possible to rent golf equipment. Both single and double rooms are available.

A small village 10 min away by car, Hov i Land, has a post office, and some shops. It is also possible to rent canoes at the lake, Trevatn, about 10 min. by car. High mountains are about 1 hours drive away.

www.visitnorway.com www.landevegen.no

AIRPORT

The most convenient airport to land is Gardermoen Airport, Oslo
More details will be given after signing up.

INVESTMENT

The 10 day TT fee is € 1.480, - per person.

This includes accommodation (2 people in a room), 3 meals and training fees.

-If you wish to have a single room, please notice there is an additional charge of 500 N.kroner for 10 days (50 kr p.night).

Please let us know if you want a single or a double room.

We will send a list to the hotel.

You will pay this directly to the hotel when you arrive.

-Family members can also join you during TT at a special price:

400 N.kr per night in a double room, including 3 meals.

Children below 6 years are for free. Those between 7 and 12 pay half price.

You will also have to pay this directly to the hotel.

Note; we don't use EURO in Norway, only Norwegian Kroner

(1 Euro= about 8-9 N. kroner , 1 \$= 6 N.kroner)

If you want to stay **before or after TT** we got a special price for the Sheng Zhen group.

The price per night per person, only including breakfast is:

400 N.Kroner pp in a double room.

600 N.Kroner in a single room.

It is necessary to let the hotel know that you are from the Sheng Zhen Qi Gong group.

For extra days, you will have to book directly to the hotel and pay to them.

Booking: [Randsfjorden Gjestegaard, 2864 Fall, Søndre Land. Ph +47-61 12 58 00.](mailto:post@randsfjordengjestegaard.no)

Email: post@randsfjordengjestegaard.no www.randsfjordengjestegaard.no

WHO CAN JOIN TEACHER TRAINING

PREREQUISITES for ATTENDING SHENG ZHEN TEACHER TRAINING

Everyone interested in participating in The Teacher Training Course is encouraged to apply.

You may qualify as a Sheng Zhen **Teacher Training** Participant **or** as a Sheng Zhen **Seminar** Participant. Both will enjoy the benefits of the Sheng Zhen experience and receive the same training. First priority is given to Sheng Zhen Teacher Training Participants that meet the prerequisites below. Sheng Zhen Seminar Participants will be able to attend if they are approved and if there is availability.

Sheng Zhen Teacher Training Requirements

To show a level of dedication and commitment to the practice of Sheng Zhen Wuji Yuan Gong, you must meet these criteria in order to attend as a Teacher Training [TT] participant and get credit towards Teacher Certification:

~~or~~ You have studied Sheng Zhen Wuji Yuan Gong forms for a minimum of **2 years**. This includes a minimum of **54 instruction hours** from a certified Sheng Zhen [SZ] teacher, among these at least **12 hours** from **Master Li Jun Feng** or **Li Jing**.

~~or~~ Or, you have studied Sheng Zhen Wuji Yuan Gong forms for a minimum of **1 year**. This includes a minimum of **108 instruction hours** from a certified SZ teacher, among these at least **12 hours** from **Master Li Jun Feng** or **Li Jing**.

Sheng Zhen Seminar Guidelines

If you are unable to meet all of the TT prerequisites above, you may still apply to attend teacher training. If you are approved and there is availability, your TT session will be noted as a seminar and will not be applied toward teacher certification. Whenever you attend your second TT, it will be applied toward your teacher certification.

WHO CAN BECOME A CERTIFIED TEACHER

SHENG ZHEN TEACHER CERTIFICATION REQUIREMENTS*

In addition to knowing and teaching the various Sheng Zhen Wuji Yuan Gong forms, one must understand, embody and live the philosophy and in the spirit of Sheng Zhen. To be considered for Sheng Zhen Teacher certification, a **MINIMUM** of **180 hours** of practice teaching experience is required. This includes:

1. Attending at least 2 Teacher Trainings Courses. The first two count as **50 hours** each towards the total 180 hours. Seminars do not count towards certification.
2. Having practiced teaching Sheng Zhen Wuji Yuan Gong forms for a **MINIMUM** of **80 hours**. This equates to a 1-hour class per week for 40 weeks over two years or two 1-hour classes per week for 40 weeks in one year. Note: This does not include demonstrations or leading a group in the movements, but practicing teaching the SZ forms. All people are encouraged to share the practice with others after they have learned from Master Li Jun Feng, Jing or a certified teacher.

To maintain certification, a certified SZ teacher must attend at least one Sheng Zhen Teacher Training Course every 2 years. Certified teachers will have their class info posted on the international website. If you already meet these requirements, please contact Cobi Bentley at cobione@hotmail.com to be added to this list.

*These guidelines are effective as of March 1, 2006.

No one is certified unless he or she has attended AT LEAST 2 Teacher Trainings and fulfilled all of the prerequisites. Sheng Zhen Teachers may view a complete listing of certification requirements at

www.shengzhen.org under the *Teacher's Site/News for Teachers*

HOW TO APPLY FOR TEACHER TRAINING

APPLICATION PROCEDURE:

1. Fill out the Application and **Registration form**
2. A Letter **of Recommendation** [LOR] is required only if you have **never** attended TT before and should be 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 or contact your local Sheng Zhen teacher for more information.
3. A **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:
 - ✍️ What is Sheng Zhen Wuji Yuan Gong?
 - ✍️ What is your understanding and experience of Sheng Zhen?
 - ✍️ Why do you want to be a Sheng Zhen teacher?

Please send **Application-Registration form, LOR and LOI** to:

btorkeha@online.no Bibbi Torkehagen, Oslo, Norway

Send before May 1st., even better as soon as you are positive about it.

You will receive a confirmation of acceptance to the TT within 2 weeks.

HOW TO PAY

Payment process

Please send the fee of **EURO 1.480**, to ISZS EURO account **before May 30**.

Norwegians may pay to the Norwegian Sheng Zhen account the equivalent amount in Norwegian Kroner.

Americans may pay to the American Sheng Zhen account the equivalent amount in US dollars.

You will receive the payment details once your application is accepted.

We hope to hear from you soon and look forward to seeing you in summer 2010. You will receive more detailed information after registration.

With warm blessings,

International Sheng Zhen Society

Local Organizers: Bibbi (Birgit) Torkehagen and Ann Caldecourt
International Sheng Zhen Society Norway