

Sheng Zhen Self-Healing Retreat

June 6 - 9, 2019 Freising

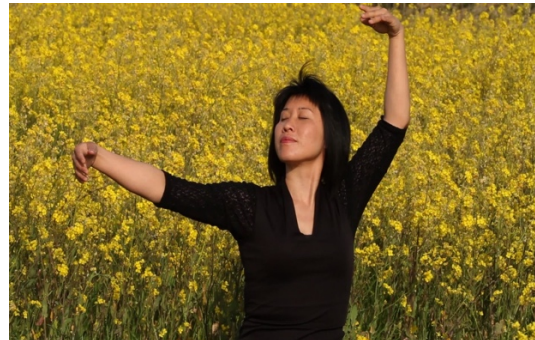


Quiet the Heart and Mind, relax the Body, be one with Nature! Be one with the power of Love!

With this letter, I welcome you to join me for the 4-day “**Sheng Zhen Self-Healing Retreat**” from the 6th – 9th of June, 2019 in Freising, Germany! During this retreat, we will do some standing practice, but we will primarily focus on the form of Kuan Yin Sitting (Heaven Earth Heart Mantra).

Additionally, I will introduce our Sheng Zhen practitioners to ancient Traditional Chinese Medicine (TCM) knowledge about how to apply Heart-Mind power in self-healing massage. I look forward to seeing you at this special retreat!

With love,
Jing



Date & Time: The program begins Thursday June 6th at 10:00 and ends on Sunday June 9th at 16:30.

Program: • Sheng Zhen Meditation – Kuan Yin Sitting (Heaven Earth Heart Mantra)
• Apply Heart-Mind power in self-healing massage (TCM knowledge)

Location: Pallotti Haus in Freising, Germany. Pallotti Haus is a beautiful, quiet, old church with a private garden. <https://www.pallottiner-freising.de>

Airport: Munich Airport (Pallotti Haus is a 15-minute drive from the Munich Airport. Details about travel from the airport to Pallotti Haus will be provided upon registration.)

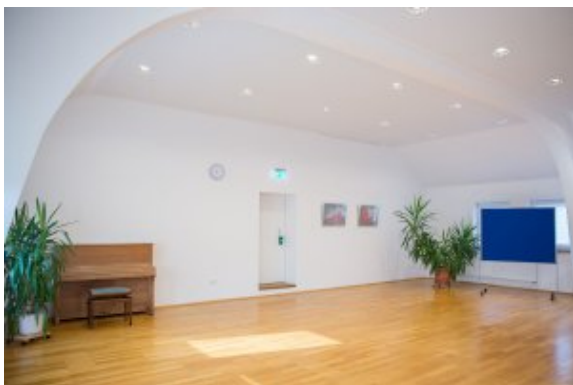
Train Station: Freising Hauptbahnhof

Program Costs:

1) € 390 is the training fee for the 4-day retreat (* € 330 for Teacher Training participants)

2) **please choose one out of the three options** Lodging + food for the 4-day retreat:

- € 264 (for three nights in **single room** + all meals + café/tee & cake)
- € 234 (for three nights in **standard room** + all meals + café/tee & cake)
- € 135 for those who do not stay in Pallotti Haus, but meals are provided.



To Register: info@lijing.org

I would like to sign up:

1. My Name
2. Country I am from
3. My E-mail
4. My phone number