

The Journey of Flow II

Sheng Zhen moving and non-moving meditation offers much more than just improved health, it invites us to experience a more joyful and meaningful life. In 2016 I offered “The Journey of Flow I”, a program combining Sheng Zhen practice and calligraphy, to provide an experience of bringing Sheng Zhen practice into daily life!

The practice of calligraphy is closely related to moving meditation. In calligraphy the brush is an extension of the arm and in order to move the brush, one must first move the body. To achieve a good result (good meditation, good art, good health, good work, good relationship, etc.), one must first quiet the Heart. I titled this program series “The Journey of Flow” because life is like a journey - when we open our Hearts and let our energy flow, our whole life moves into FLOW!

Following “The Journey of Flow I”, taught in 2016 by Zhang, a calligraphy teacher and Sheng Zhen practitioner from Beijing whose art embodies the flow of Sheng Zhen, calligraphy and life, and me, many participants requested that I offer the program again.

I’m very happy to announce that once again I’ll be inviting Teacher Zhang to join with me in offering “The Journey of Flow II” in Germany this spring. This 4-day program will be taught in English.

With this letter, we welcome you to join us for “The Journey of Flow II”!

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 moving and non-moving meditation and Calligraphy

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.)

Program Costs:

- 1) € 395 is the entire training fee & calligraphy materials
- 2) Lodging + food for the entire program period, please choose one out of the three options:
 - € 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, food is provided

To Register: Contact me at info@lijing.org

Please note that only Sheng Zhen practitioners who have practiced with me in Austria, France, Germany, Croatia, Israel, North America, Norway, Slovenia, Sweden and Switzerland are qualified to attend.



(Destiny/Schicksal/Destinée)



(Heart/Herz/Coeur)

I would like to sign up:

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

Program Costs:

1) € 395 is the entire training fee & calligraphy materials

2) **please choose one out of the three options** Lodging + food for the entire program period:

€ 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, food is provided

Please send the sign ups to Jing: info@lijing.org

You can type the signup information and choice in your email.

You will receive further information after you are enrolled into the program.

