



Weekend workshop in OSLO, Norway: July 21-22, 2018 , 10 -17:30, 10-17 Both beginners and advanced practitioners are welcome



with Master Li Jun Feng

Master LI JUN FENG is the founder and principal teacher of the International Sheng Zhen Society. Furthermore, Master Li serves as advisor to the World Academic Society of Medical Qigong and the Qigong Science Research Association of China. He is perhaps best known for having been the head coach for the world-renowned Beijing Wushu (Martial Arts) Team and the National Wushu Team of the People's Republic of China for over 15 years. During those years he also achieved international fame as a martial arts film actor and director. He has also been the Dean of the Qigong Department at the Academy of Oriental Medicine at Austin Texas USA for many years. Master LI JUN FENG's methodology of teaching is unique and he is teaching and educating teachers all over the world.

Sheng Zhen Gong: Lao Tzu : Return to Spring

Sheng Zhen Gong consists of graceful, flowing movements and meditations.

They purify the physical body, calms the emotions and opens the heart. "Return to Spring" consist of beautiful standing movements.

"Empty your mind. Let yourself go and be natural. Not resisting movement and change in one's life enables one to stay fresh and open, as well as to be always ready to welcome the infinite possibilities and variety the universe offers. When the heart is open enough to appreciate the limitless colours that life offers, life becomes effortless and a joyful ride." Lao Tzu



Registration with name, adr, email, phone - information to:
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www.shengzhen.no www.shengzhen.org

Investment: Norwegian KR: 2 900,-. For Teacher Training participants: KR 1 900,-
Payment instructions will be sent to you after registration.

*Venue: Scenehuset, Bogstadveien 49, Majorstuen, Oslo – Norway

*The venue is situated in the centre of Oslo with easy access to trams, busses and subway.

Nearest hotels within walking distance is:

Hotel Thon Gyldenlove, Bogstadveien www.thonhotels.no/gyldenlove Tel. +47 23 33 23 00.

Villa Frogner : www.bedandbreakfast.no Tel+47-22561960

Cheaper:: Ellingsens Pensjonat: www.ellingsenpensionat.no +47 22 60 03 59

Cochs Pensionat: www.cochspensionat.no +47 23 33 24 00 www.hotel.no www.visitnorway.no