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**Sheng Zhen Self-Healing Retreat**

**Heaven Earth Heart Mantra**

**Jing Li
**

**March 19 - 21, 2020

Notre Dame de Sion, Ein Kerem,
 Jerusalem**

**Israel**

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

We shall primarily focus on the form of **'Heaven Earth Heart Mantra'**, and additionally,we shall do some standing practice.

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**Date & Time**: The program begins Thursday March 19th at 10:00 and ends on Saturday March 21 at 17:00. **Program**: • Sheng Zhen Meditation –Heaven Earth Heart Mantra

 • Heart-Mind power in self-healing

**Location**: **Notre Dame de Sion Ein Kerem‏**, **Jerusalem**, **Israel.**
 The Monastery is a beautiful, quiet place.
Upon entering the grounds of Notre de Dame de Sion, one is immediately entering a sanctuary of peace, quiet, meditative reflection and serenity.

**Airport**: **Ben Gurion Airport**, Tel Aviv. (**Notre Dame de Sion Ein Kerem** is a 30-minutes drive from the Airport.

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**For more Details & to Register**: dina.shafrir@gmail.com
 +972-52-2332390

**I would like to sign up:**

1. My Name

2. Country I am from

3. My E-mail

4. My phone number

With love,
Sheng Zhen Meditation Israel