

Sheng Zhen Qigong

with Miles Nichols



Sheng Zhen Qigong Qigong of Unconditional Love

Free Two Hour Intro Demonstration and Class on Sunday October 9th 4-6pm

Ongoing Weekly Class
(Except Major Holidays)

Sundays 4:00-6:00pm

Beginning October 9th

\$17/class drop-in or
\$12/class paid monthly

Qigong.ParadiseER.com



<http://ShengZhen.org>

Academy of Chinese
Martial & Cultural Arts

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Sheng Zhen means "The Spirit of Unconditional Love" in Chinese. This Qigong is focused on opening the heart, and cultivating unconditional love and joy to the point of radiating abundant delight. This holistic movement practice, like yoga or tai chi, integrates body, mind, and spirit. Take advantage of the opportunity to strengthen the organs and immune system while experiencing love, joy, and bliss!

Watch a Free 2 Hour Intro to Sheng Zhen at <http://Qigong.ParadiseER.com>

Sheng Zhen Benefits:

- Strengthen Organs
- Boost Immunity
- Release Stress
- Open the Heart
- Awaken the Soul
- Experience Bliss



Master Li Junfeng developed Sheng Zhen Qigong. Miles has trained extensively with Master Li, and has completed 4 ten day teacher trainings. Master Li is world-renowned for his coaching the Beijing wushu team and training actor Jet Li.

