

# The Harvard Oriental Traditional Culture Science & Research Assoc. Presents: Sheng Zhen Healing Qigong with Junfeng Li

*Junfeng Li, Former Award Winning Head Coach for China's National Wushu Team, Holds 2 Events by Harvard Univ:*

*Free Lecture & 2-Day Qigong Workshop, Nov. 18& 19th*

CAMBRIDGE, MA, USA, November 9, 2017 /EINPresswire.com/ -- Junfeng Li is a highly cultivated Martial Arts and Qigong Master, turn 80 years young in 2017, teaching programs around the world. Master Li was the famous head coach of China's National Martial Arts Team with 100+ young students won gold medals while training with him. He acted in and directed several martial arts films, and was an overnight sensation for playing the main role in the award-winning popular film "Wu Ling Zhi" - Legends of [Martial Arts] Heroes. Master Li also taught Jet Li, Donnie Yen and many other famous Kung Fu movie stars. Many students follow his teaching, not because he is famous, but for his modesty and humility and the healing effect of Sheng Zhen Gong. It's a rare opportunity to be with him for 2 days at 45 Mount Auburn, Cambridge, MA, next weekend, Nov 18 and 19, 2017. Nov 18th evening, Master Li will be given a free workshop at Harvard Science Center, RM B10 from 7:00 - 9:00pm.

Sheng Zhen Gong is the Qigong of Sacred Truth and Unconditional Love; in his lecture and life changing workshop, Master Li shares this remarkable method of self-healing which involves a series of movements specifically designed to remove unwanted negative energy from our bodies and mind, and to collect instead, the true and healing energy (qi) of the universe. The movements and contemplation offered with Sheng Zhen Gong improve physical and mental health, elevate the Spirit, open the heart and help create the deep sense of inner peace akin to what many of us experienced as children; simplicity replaces complexity, the body softens and one experiences a feeling of harmony with the universe.

Sheng Zhen empowers and transforms lives - as the editor of Master Li's Sheng Zhen Wuji Yuangong, Anabel Alejandrino said: "It is through practice that one is led naturally into one's own perfect love in the heart. More than just a healing tool for the body and the emotions, I have found that not only do the movements almost magically become the tools with which we can become the person



**Sheng Zhen Heaven Nature Gong**  
with Junfeng Li

*This workshop will explore a series of Qigong movements dedicated to self-healing and removing negative energy. These movements help the body collect Qi and assist the mind in connecting to the greater universe.*

9am-6pm on November 18 & 19, 2017  
Harvard Square in Cambridge, MA  
Tuition: \$264.99 before November 10  
\$299.99 afterwards  
*Directions & Parking information will be provided after registration.*

To Register:  
Phone: 1-866-264-5139  
Email: shengzhengong@gmail.com

*About Junfeng Li*

Master Junfeng Li is the main driving force behind Sheng Zhen Gong, the Qigong of Unconditional Love, and its connection to the public. He is the former head coach of China's National Martial Arts team and still has roles in Martial Arts movies internationally. You can search for his TEDx talk, Earth: A Body Alive, or check out his website at shengzhen.org.

This workshop offers NCCAOM CEU credits. Cash, check, & credit cards accepted.

**Master Junfeng Li Brings Sheng Zhen Qigong to Harvard Square**

we all want to be, but also our capacity to enjoy life with its ups and downs is enhanced and magnified. Li Junfeng is a living example of this."

Master Junfeng Li is President and founder of the International Sheng Zhen Society, former award winning Head Coach for China's National Wushu Team, a renowned actor of Chinese Martial Arts films, former host of the television series Learning Wushu, mentor to Jet Li & Donnie Yen, and author of several books on qigong and healing.

"I just wanted to let you know how profoundly affected I was by Master Li's workshop on Wednesday. I didn't realize how powerful the effects of the practice were until the next morning, when I was aware that I was actually able to be "present" in the moment in a way I have rarely been able to do. My worries and

concerns did not press upon me as they usually do and I was able to contemplate tasks ahead without leaning toward them or worrying about getting them done. It was a profound feeling of calm and contentment. I was also able to look at a couple of problems from a higher altitude of compassion and acceptance... just kind of rising above them instead of being enmeshed and fighting them in my mind." - Letter to Eastover Estate & Retreat Center, from a student of Sheng Zhen Gong.

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To practice Sheng Zhen is to enter into a "Sheng Zhen state. As one learns to let go so that the wisdom of Qi takes over, life's journey becomes a road of letting go of fears we hold in our bodies..."

*Editor of Master Li's "Sheng Zhen Wuji Yuangong", Anabel Alejandrino*

commercial kitchen for cooking classes.

Eastover is eco-friendly with a new water treatment facility that provides sustainable living and has a wide range of overnight accommodations available for both R&R guests and workshop guests.

Eastover is unique in that it offers three components that create a well-rounded lifestyle and help achieve optimal mental and physical states of being:

Rejuvenating through healthy food and its innate nutritional energy

Learning the healing powers of Taichi or Qigong to create a healthy, energetic lifestyle



哈佛大學安林太極武道協會  
**Harvard GSAS**  
**Anlin Taichi Wudao Association**  
東方傳統文化科學研究協會  
Oriental Traditional Culture Science & Research Association

Sheng Zhen Gong Lecture  
with Master Junfeng Li

November 18, 2017      Room B10  
7 - 9 PM      Science Center

Learn about Sheng Zhen Gong, the Qigong of Unconditional Love. Master Junfeng Li will show us how unconditional love can permeate our entire being.

Master Li is an internationally renowned film actor, action director, and the former coach of the Beijing Wushu team. Check out his TEDx Talk called "Earth: A Body Alive".



"Harvard GSAS Anlin Taichi Wudao Association (ATWA) is a student-run organization at GSAS"  
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**Master Junfeng Li Holds Free Lecture on Sheng Zhen Gong at Harvard**

Healing through Qi energy and Chinese medicinal treatments.

Eastover has a converted barn space w 9,000 sq. ft. that can be made suitable for receptions, conferences, weddings, lectures, workshops, performances and events of all kinds.

Eastover also welcomes community and school group visits. Eastover's eclectic, open-hearted receptivity to a broad array of groups and teachers aims to support the continuing emergence of holistic and ecological ideas capable of renewing our culture and leading the way to a sustainable planet.

All of Eastover's guest rooms are simple yet well-designed to accommodate whole-heartedly. Many of our rustically elegant rooms are able to be adjoined to support family stays.



Master Junfeng Li, Creator of Sheng Zhen Gong

Over the past eight years there have been many upgrades, from simple wallpaper changes to entirely new bathrooms. Our bed and bath linens are five star quality and some of our rooms are outfitted with 42" flatscreen TVs in the summer season.

Yingxing Wang  
Eastover Estate and Eco-Village  
866 2645139  
email us here

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