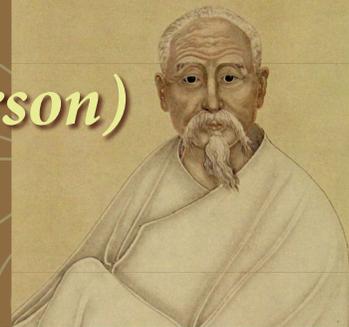


Shan Ren Dao (Path of the Good Person) Emotional Healing Retreat



July 12 - July 27, 2013



Are you ready to see and be seen again? This retreat calls forth the very essence of our true nature — that which we inherently are — the light that may have been dimmed but is ever present.

Through the 5-element emotional healing system system known in China as the “Path of the Good Person” (*Shan Ren Dao*), this two week immersion allows for a supported journey into the inner realms, while providing tools to clear encountered “clutter” and accumulations of a lifetime.

Wang Fengyi, the peasant saint who took these ancient teachings and translated them into a practical and accessible healing system for the 20th century, stated over 100 years ago that in this modern age and moving forward, the healing of the heart would be the most critical element in reclaiming health. Perhaps even more

applicable now, this work and the profound results from it continue to stand the test of time.

Have you ever experienced a regretted outburst of anger? Or, perhaps you keep it all inside as internal blame. Do you tend to criticize yourself or others – even if only in the confines of your own mind? Maybe you are constantly overwhelmed by fear or anxiety. These are some of the core emotions, known for centuries in the wisdom teachings of Chinese Medicine, to harm the body. They create toxic poisons that lodge inside leading to dysfunction at the physical and organ level. It is these very same emotions and perceptions that drive our internal stress response, considered by many top researchers to be at the root of more than 95% of all disease in the west.

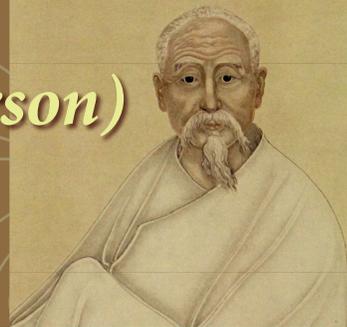
In these two weeks you will begin to clear those toxins from your body. As you quite literally begin to “empty out the garbage can”, your inner light will naturally begin to shine forth more clearly.

To support the transformational changes that happen through the emotional healing work, participants will also learn and practice the Fourteen Movement(s) of the *Jinjing* School, one of the esoteric forms of classical Qigong that is rarely taught in a public setting. The form derives from the animated movements of the *Shaolin* classic “Transform Every Fiber in your Body” (*Yijin jing*), and is blended with the life renewing principles of Taoist inner alchemy. Practiced regularly, it stands by its name in delivering a change in the physical body.

What you will gain:

- A renewed and deepened sense of connection with your self, family and others
- Feeling more “you” than you may ever remember feeling
- Decreased tension and increased well-being on the physical/body level (some previous participants have reported resolution of long-standing physical conditions)
- Embodied guidance on actively taking responsibility for your life
- Clear guideposts for living a life of deeper integrity and authenticity at every level
- Practical tools for moving through life more fully present

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Shan Ren Dao Retreat Program Details

Dates: July 12 – July 27, 2013

Location: The Ananda Center at Laurelwood in Gaston, Oregon (just 25 miles from downtown Portland) was chosen for our retreat setting this year. With 50 acres of fertile land, organic fruit orchards to wander through and a retreat center dedicated to providing an “environment for exploring new approaches to every aspect of life” it is an ideal setting for transformational work.

[anandal Laurelwood.org]



Retreat Content

- Daily morning Qigong practice
- Lectures on the Wang Fengyi teachings and the traditional *Shan Ren Dao* system
- Exercises to take the information and explore personal relevance
- Organ/virtue sound practices
- Silence, speaking and release times
- Custom catered vegetarian meals

Instructors

TAMARA STAUDT, ND, LAC



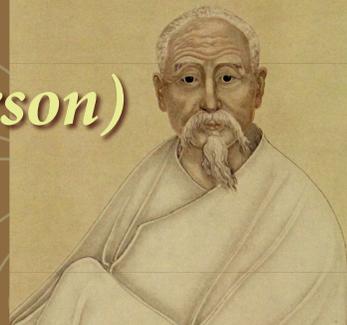
Tamara, along with a group of assistants dedicated to these teachings, will once again be conducting a *Shan Ren Dao Retreat* in the United States. This will be the third such retreat offered in the west. Trained as a naturopathic physician and classical Chinese Medicine practitioner, Tamara maintains a private practice in Portland, Oregon, with a focus on identifying and eliminating psychoemotional and spiritual blocks to restoring health. She has been practicing and teaching qigong and its medical applications for over 18 years and has led retreats worldwide. The former Dean of Clinical Education at the National College of Natural Medicine, she continues to serve there as a faculty member. The teachings of Wang Fengyi and the *Shan Ren Dao* have been deeply interwoven into both her personal and professional life since attending her first retreat in China. That retreat was and continues to be a significant and radical changing point in her life.

LAURIE REGAN, PHD, ND



Laurie is Dean of the School of Classical Chinese Medicine at NCNM. She received a doctorate in Neurobiology from Harvard University in 1991, and an ND degree from NCNM in 1997. For the past 2 decades, she has studied qigong in the US and China under the mentorship of Professor Wang Qingyu, lineage holder of the *Jinjing* School of Qigong. The *Shan Ren Dao* has been a major focus of her professional work and personal cultivation since attending the first *Shan Ren Dao Retreat* open to foreigners in China in 2010.

Shan Ren Dao (Path of the Good Person) Emotional Healing Retreat



Assistants

All of the assistants are prior participants who volunteer their time and skills, thereby providing the community of support so present in this retreat. It is one way they have found to express their gratitude and direct the impulse to give back for the ways in which *Shan Ren Dao* has changed their own lives.

Consultants

PROF. LIU LIHONG



Prof. Liu was one of the earliest recipients of a doctoral degree in Traditional Chinese Medicine when Ph.D. programs in this discipline were first established in China. In recent years he has skyrocketed to national fame by spearheading a Chinese renaissance movement that aims at reviving the depth of knowledge and the core values of classical Chinese medicine. During the last 15 years, he has studied extensively with various Buddhist masters, and brings this experience into his teachings. Most recently, he has invested much time and effort into promoting the forgotten method of emotional/virtue healing by the 19th century peasant saint Wang Fengyi.

HEINER FRUEHAUF, PHD, LAC



Heiner presently serves as Founding Professor of the School of Classical Chinese Medicine at the National College of Natural Medicine in Portland, Oregon, where he has been teaching since 1992. In addition, Prof. Fruehauf is the director of the Heron Institute, a non-profit institution for the research and preservation of traditional life science. In this capacity, he has been leading study tours focusing on Qigong and other aspects of Classical Chinese Medicine into the sacred mountains of Southwest China for twenty years. For the past 3 decades, he has practiced, studied and taught qigong in the US and China under the mentorship of Professor Wang Qingyu, lineage holder of the *Jinjing* School of Qigong. Having experienced the *Shan Ren Dao* first hand in China, and recognizing the powerful healing potential of

this system, he worked diligently to open the doors in China that finally enabled a group of westerners to experience the Wang Fengyi 5-element system for the first time in 2010.

Registration & Admission

Limited to applicants who are serious about self transformation (max. 30 participants); subject to application and interview process. Participant slots are expected to fill up rapidly.

Cost: \$3,200 USD [Once confirmed as a participant, a \$1,500 non-refundable deposit is due to be received by May 15, 2013. The balance of \$1,700 is due by June 15, 2013].

Financial Aid: Limited scholarships are available for those with financial need.

Includes: All room, board and tuition.

Registration: To receive an application form or for additional information, please contact: Jeneath Villegas (NCNM): 503-552-1720, or jvillegas@ncnm.edu

Once the completed application questionnaire has been received you will be contacted for an in-person or telephone interview.