

Former China Wushu Head Coach Junfeng Li Healing of the Heart Sheng Zheng Qigong Training 7 Days - A Rare Opportunity

March 31 - 7th, 2017, Coach of 100+ Gold Medals and of Many known Kung Fu Masters & Actors including Jet Li, Donnie Yen

LENOX, MASSACHUSETTS, UNITED STATES, March 31, 2017

/EINPresswire.com/ -- Junfeng Li is a highly cultivated Martial Arts and Qigong Master, will be 80 years young 2017, teaching programs around the world. Master Li was the famous head coach of China's National Martial Arts Team when 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 7 days at Eastover, Lenox, MA, this coming spring, March 31 – April 7.

Sheng Zhen Gong is a method of self-healing, often referred to as "the qigong of Unconditional Love." It involves a series of moving and non-moving forms, all designed to remove negative energy or "qi" and gather positive healing energy. The movements and contemplations of Sheng Zhen Gong help re-create that deep sense of inner peace we experienced as a small child. As the body softens and negative emotions are released, one experiences a feeling of perfect harmony with the universe.

7 Day Healing of the Heart - [Sheng Zhen Healing Gong](#) w Junfeng Li

Date: March 31-7, 2017

EB Dis: \$100 off, 20% off R&B

NCCAOM: 45 PDAs

Location: 430 East Street, Lenox, MA



Eastover's totally renovated nostalgic Berkshire Summer Cottage



Junfeng Li

Booking: <http://www.eastover.com/li-junfeng>

Tuition: \$170 - \$695.00 (1-7 days) – all inclusive on booking page.

Contact Info: 866-264-5139 - events@eastover.com

Online Brochure:

<http://eastover.com/packages/online-brochure.pdf>

Master Li's continued search for internal peace and cultivation of Internal Qi has brought him awareness and deep connection with the universe. He was "chosen" to receive and pass on Heavenly QiGong/TaiChi teachings in the lineage of Lao Tzu, Kuan Yin, Jesus, Muhammad and other divine spirits. These teachings include a philosophy that calls for the unification of all religions, caring for the planet and saving the environment.

China was not ready to receive what he had to offer then, so Master Li was called to travel to the Philippines to start his teaching work. With his wife and two young children at home, Junfeng Li quit his Head Coach position with the Chinese government, forgoing his retirement/pension plan and traveled to the Philippines, trusting support would be there when he arrived.

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We are infinitely free beings, embodiment of love on every level, sparks of the divine, perfect and full”

Junfeng Li

With such trust in divine consciousness, Master Li spent 14 years in the Philippines, where he began his lifetime dedication to teach Sheng Zhen Gong—the qigong of unconditional love that brings happiness and the “wisdom of life” to all. In 2002, Master Li came to the United States and has been teaching here ever since.

Sheng Zhen empowers and transforms lives. As the editor of

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 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".

To practice Sheng Zhen is to enter into a “Sheng Zhen state” Anabel said: “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, concepts that render our minds inflexible, feelings in our hearts that we are attached to, and programming in our subconscious that holds us back. In so doing, we make way for what we truly are in essence – infinitely free beings, embodiment of love on every level, sparks of the divine, perfect and full. It is this experience that the practice of Sheng Zhen Gong brings. Ultimately, the practice is a key into one's own heart, which enables one to walk into their own light. In this process, love for oneself becomes a tangible reality. This in turn leads to loving others unconditionally. These are the building blocks to a world of love – to a Sheng Zhen World.”

EASTOVER is a 600-acre sanctuary and residential holistic retreat center with a sun drenched café, juice bar, library, terrace, affordable and luxury accommodations, right in the cultural hub of the Berkshires - minutes from Tanglewood, Norman Rockwell museum, & other cultural venues. It's an



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ideal location for teachers, groups, organizations and companies seeking retreat and training. At the same time its enormous grounds can accommodate festivals with thousands of people. Dedicated to facilitating ecological and holistic retreats and group training, we offer spacious program/studio facilities - including commercial kitchens for cooking classes, and a wide range of overnight accommodations to suit everyone's budget.

Eastover is not affiliated with any specific spiritual tradition. Its 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.

Sitting on an environmentally sensitive property, Eastover "walks the walk and talks the talk." After 4 years of design and permit acquisitions and 1 year of construction, its state-of-the art greenhouse water reclamation system will be in commission soon, The facility adds great value to Eastover's educational initiative and is a response to the potential threat of water shortage in the world, encouraging individuals not only take responsibility for their personal health, but also the health of the planet. The Eco-system does not use any chemicals and converts CO2 to oxygen during the treatment process.

2017 includes a full spectrum wellness programs, showcasing the diversity of [holistic programs facilitated by Eastover](#) ranging from accommodating small groups of 20-30 people to large events with thousands of people. Please visit www.Eastover.com

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