

SHENG ZHEN



# Sheng Zhen Qigong

*A Return to Oneness*

## Benefits of Qigong

- More energy!
- Reduces stress.
- Greater mental clarity and understanding.
- Enjoy life more.
- Stronger core muscles and improved posture.
- Increased flexibility
- Improved circulation
- Relief from neck and shoulder tension.
- Improved general physical health.
- Good for those weak or just beginning an exercise program.
- Greater well-being even for those already fit.
- Enjoyable to practice
- No special equipment .
- Just 15 minutes a day yields results

## What Is Qigong?

Qi is often translated as “energy” and gong means “work.” Therefore qigong is working with our energy or life force. Practicing qigong, and engaging in the exchange of our qi with nature is as essential to the body as eating. When our qi is fresh and abundant we are healthy and fit.

Qigong exercises are done sitting or standing and combine breathing and gentle flowing movements to achieve both relaxation and strength. Strength is achieved as proper body alignment and body mechanics are developed through daily practice. Relaxation is achieved as the mind becomes still and focused. These exercises build energy, restore bodily grace and flexibility, increase overall circulation and are pleasurable to perform making daily practice easy to maintain.

## Why Sheng Zhen Qigong?

The purpose of Sheng Zhen Qigong is to guide people back to a natural state of pure happiness and total well being, without stress and free of negative emotions such as fear, sadness, worry, and anger. The ancient tradition of qigong gave an equal emphasis to body, mind and spirit. Sheng Zhen Qigong restores the balance of ancient tradition. These three aspects, body, mind, and spirit become balanced by engaging the mind while practicing the form. Contemplation and visualization explore the deeper meaning of the movements and how they relate to life. This increases the effectiveness of qigong practice and the practitioner develops a sense of wholeness, understanding, and peace beyond the physical benefits.

“When health is absent,  
Wisdom cannot reveal  
itself,  
Art cannot become  
manifest,  
Strength cannot fight,  
Wealth becomes  
useless,  
And intelligence  
cannot  
be applied.”  
Herophilus

## Master Li Jun Feng, Originator of Sheng Zhen Qigong

Before he developed Sheng Zhen qigong Master Li was the head coach for the People’s Republic of China National Martial Arts Team. His students earned over 70 gold metals in national and international competitions. Also under Master Li’s guidance the Beijing Martial

Arts Team was champion for 12 consecutive years in all of China. At the height of this illustrious career Master Li walked away to devote all his time to the rendering of Sheng Zhen qigong and the cultivation of qi that is robust, open and free flowing.





## **Kathleen Brezina, Sheng Zhen Teacher**

Kathleen has been teaching various forms of qigong for over 20 years. She studied with Robert Smith at his internationally known school in Bethesda, Maryland and with Nianzu and Peggy Li from Beijing. More recently she began to study with Master Li Jun Feng who has rendered Sheng Zhen Qigong, a contemporary form that reflects the ancient intention of qigong exercise.

Kathleen has been sanctioned to teach Sheng Zhen Qigong by Master Li. She completed

Sheng Zhen teacher training in Croatia in 2009.

Kathleen's love of qigong began when she was a modern dancer and discovered that qigong improved her dancing and her performance. She brings her experience as a modern dance teacher to her qigong classes.

She wants you to know that at age 60 she looks and feels great in large part due to a healthy lifestyle that includes qigong.

*Please call for  
information  
regarding classes.*

*Central location.*

*New classes always  
forming.*

*Kathleen Brezina, MAc, MA, NCCAOM*

*Licensed Acupuncturist*

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www.youtube.com search: Sheng Zhen