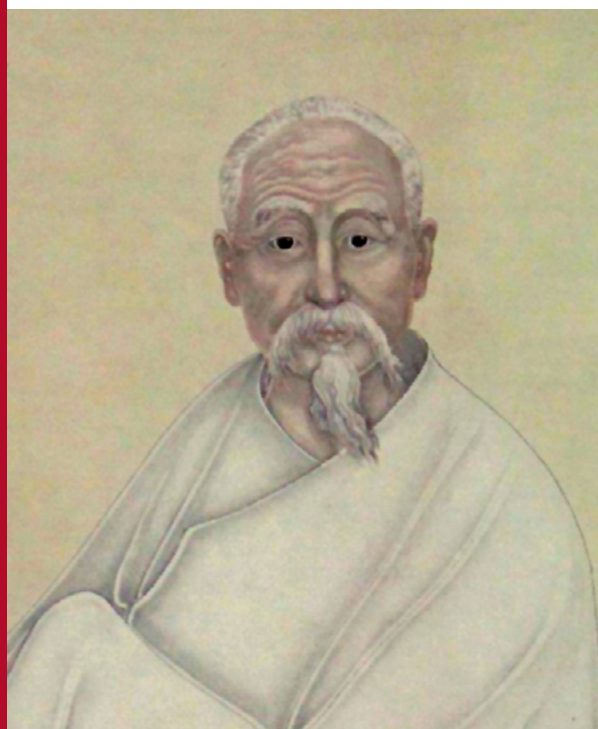


Path of the Good Person according to Wang Fengyi

03.-16. September 2023



Partner der Chengdu Universität für TCM/China

Retreat Hosts

Tamara Staudt, ND, LAc, is a doctor of naturopathy and classical Chinese medicine. Practicing in Portland, Oregon, Tamara focuses on restoring her patients' health by identifying and eliminating psycho-emotional, spiritual blockages. The teachings of Wang Fengyi and 'Shan Ren Dao' have become an important framework in Tamara's personal and professional life since her first retreat in China. This retreat has been and continues to mark the beginning of a significant and radical point of transformation for how she lives her life.



Laurie Regan, PhD, ND, is the dean of the College of Classical Chinese Medicine at the National University of Natural Medicine (NUNM). She earned her PhD in neurobiology at Harvard University in 1991 and was awarded a Naturopathic Doctorate from NCNM in 1997. Laurie has been cultivating Qigong practices in the U.S. and China for two decades under the mentorship of Professor Wang Qingyu, who is a lineage holder of the Jinjing School of Qigong. The 'Shan Ren Dao' ethos and mindset has provided guidance for her medical practice and personal cultivation since the retreat in China in 2010.



Organisation and assistance

Alexander Agricola
Birte Hinz
Nina Siegling
Pao Siermann
Rosemarie Jenni

The first Shan Ren Dao retreat in China (2010) that was open to international participants had a profound impact on all of us. The understanding and wisdom gained have positively influenced our personal life and work as practitioners of Chinese Medicine.

In 2019, we re-visited our teachers in China - the hosts of the 2010 retreat. These inspiring encounters encourage us to make this experience of this ancient and profound method of healing available to others.



from left to right: Pao Siermann, Rosemarie Jenni, Sheron Frühauf, Tamara Staudt, Birte Hinz, Alexander Agricola, Laurie Regan, Liu Lihong, Heiner Frühauf und Nina Siegling

Retreat location

Meeting House Samana
Niederpöbel 27
01744 Dippoldiswalde/OT Schmiedeberg

For driving directions and more information check:
www.samana-erzgebirge.de

Dates

03. to 16. September 2023
Sunday, 03. September, at 16.00 – **Beginning of the retreat**
Sunday, September 16, at 2:00 p.m. – **End of the retreat**

Retreat language

English & German (with translation into English)

Total cost

3.500,- Euro
(includes course fees, accommodation and meals)
Accommodation in double rooms.

Organizer



Belziger Str. 69/71, 10823 Berlin
www.shouzhong.berlin

Concept and design | www.ruf-gestalten.de

For the second time a retreat based on Wang Fengyi’s framework is scheduled in Europe. Wang Fengyi’s Shan Ren Dao has a long tradition in China, and the impact for personal transformation travels well across cultures. Several successfully organized retreats in the US, China and Germany are proof of this. This year we are again offering a two week retreat in a quiet valley of Germany’s well-known landscape ‘Erzgebirge’. We invite you to join us and embark on your journey of personal transformation.



About the retreat ‘Path of the Good Person’

Our time together is shaped by the practical and easy-to-understand healing approach of Wang Fengyi (1864-1937). He combined ancient Chinese wisdom and Chinese Medicine theory and determined that healing the heart was the most important aspect in restoring your personal health. His approach has been practiced continuously up to today in the rural areas of northern China.

Based on Confucian insights about family and relationships, as well as the Five Elements of Chinese medicine and philosophy, the retreat will give you the base for a path of self-exploration. You will identify which unconscious emotions, unhealthy beliefs and old relationship structures are logged in your body and how this prevents you from Experiencing and living a meaningful

and authentic life. from experiencing and cherishing an authentic life.

The practicality of Wang Fengyi’s insights and how they can help you to tackle your life challenges will be experienced over and over again.

Emotional Self-Healing

Have you had the wish to embark on an inner journey to free your body from “inner poisons” such as reproaches, pent-up anger, rage and negativity? And to open your heart? This retreat is the right venue for you.

By actively taking responsibility for your own actions and impact upon your surroundings and the resulting impact on yourself and others, we together at the retreat move away from blaming oneself or others. In that way, we start out to invite clarity into our lives and relationships.

Ingrid Herzog, Wilhelmshaven, Germany: *After the retreat I felt like I was completely renewed. I had a clear mind, felt physical and psychological relief and was more flexible. Signs of sluggishness and disproportionate aging had disappeared and many things in everyday life took care by themselves. It was a unique experience that changed a lot in my life.*

Patricia Anwander, Zürich, Switzerland: *Delicious food, the peaceful surroundings, the periods of silent contemplation... in this retreat my heart opened and I ventured deeper into my inner being. I felt very liberated and graceful afterwards.*

Knut Gollenbeck, Hamburg, Germany: *The intensive time together at the retreat reminded me that I have the same right to follow the HEART - as ALL ancestors in my family and indeed my fellow human beings before and after me. I can find courage and power within myself to do so under one condition, that I also stop once in while and nurture myself through self-appreciating & loving attention.*

Chanting and Qigong

During the retreat there are regularly scheduled periods for mental reflection. This is enhanced by our voices during chanting. The Chanting sessions are arranged by the concept of the Five Elements. When chanting, the vibrations in the body and your organs have a major impact on your mind.

To support your transformation, participants will also learn the ‘Fourteen Movements of the Jinjing Gong School’. This is one of the internal forms of classical Qigong that has been rarely taught in public. It derives from the animated movements of the Shaolin classic ‘Transform Every Fiber in Your Body’ (Yijinjing) and evokes the life-prolonging principles of Daoism’s inner alchemy.

What the retreat offers in terms of opportunities and personal change:

- a transformed and deepened sense of connection with yourself, your family, and other human beings.
- reduced inner tension and increased well-being on a physical level, possibly resolving old blockages and states of pain
- increased presence and awareness by having explored the personal relevance of the teachings offered
- guidelines to living with greater integrity, authenticity and responsibility for yourself and others.

What the Retreat includes:

- Daily Qigong practice in the morning
- Lectures on the teachings of Wang Fengyi and the traditional system of Shan Ren Dao (Path of the Good Person)
- Exercises to apply the teachings and explore their meaning for your own life



- Chanting of mantras to make different parts of the body resonate (5 Elements concept)
- Periods of silence and reflection
- Sessions for physical-emotional resolution work and sharing of experiences
- Vegetarian meals specially designed for the retreat

Participation requirements

The retreat is open to participants with a significant interest in self-cultivation (maximum participants: 25 persons). Prior knowledge of Chinese Medicine or Qigong is not required.

We recommend early registration, as places are expected to fill quickly.

For more information and for getting the application form please write to: retreat@wang-fengyi.de

You can leave a message on our voice-mail:
+49 (0)30 25 76 22 89
We will get back to you as soon as possible.

When you have completed and submitted the application form, you will be contacted by a member of the team for an interview in personal or by phone.