

Shan Ren Dao

PATH OF THE REAL PERSON

EMOTIONAL & PHYSICAL HEALING RETREAT

JUNE 28 TO JULY 12, 2019

NEAR PORTLAND, OREGON

Do You...

Ever feel like something is missing in your life?

Feel separate, alone or on your own... even with others around?

Tend to be self-critical, depressed, anxious or prone to outbursts of anger?

Yearn to feel more fully alive, more connected to yourself and others?

YOU ARE NOT ALONE. Many of us awaken one day to the feeling we have “lost” a part of ourselves. We sense that somewhere under the layers of old feelings, identities and habits the “heart” of who we really are remains. And yet, we have no idea how to reach it.

The emotional healing system known in China as the “Path of the Real Person” (aka *Shan Ren Dao*) offers us guidance. It recognizes that un-integrated emotions, false beliefs and old ways of relating lodge inside our bodies where they separate us from our authentic expression. Their presence creates toxins which trigger chronic stress responses. These can in-turn lead to physical issues or disease.

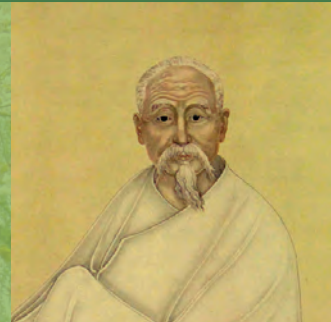
Wang Fengyi (1864-1937), the peasant saint who translated ancient Chinese wisdom into this practical and accessible healing system, prophesied from his time forward, the healing of the heart would be the most critical element in reclaiming health. Having experienced the truth of his insight, we offer this system to those longing to journey within, and begin clearing the toxic accumulations and “clutter” of a lifetime.

By taking radical self responsibility for our expression in the world and its impact on ourselves and others, we move out of blame and into empowerment. Inner toxins begin to clear. We become increasingly free from that which has blocked our truest expression. We naturally become more authentic. Our heart heals.

“This retreat calls forth the very essence of one’s true nature.”

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More than just theory, in this supportive two-week immersion, you will begin to actually clear these toxins from your body. As you quite literally begin to “empty out the garbage can”, your inner light – that which is ever-present even if hidden – will naturally begin to shine forth.

To support the transformational changes that happen through the emotional healing work, participants will also learn the Fourteen Movements of the Jinjing School, one of the esoteric forms of classical Qigong rarely taught in a public setting. The form derives from the animated movements of the Shaolin classic “Transform Every Fiber in your Body” (*Yijinjing*). Practiced regularly, it stands by its name in delivering a change in the physical body. (Note: no prior Qigong experience is required.)

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 presence and well-being on the physical/body level (some previous participants have reported resolution of long standing physical conditions)
- Pertinent, immediately useable guidance on how to actively take responsibility for your life
- Clear guideposts for living a life of deeper integrity and authenticity
- Increased inner (and outer) awareness through exploring the personal relevance of the teachings
- Practical tools for moving through life more fully present and continuing to clear blocks from your body

“My daily life is.... a testament to the enduring, transformative process of Wang Fengyi Shan Ren Dao.”

- RETREAT PARTICIPANT

SHAN REN DAO RETREAT PROGRAM DETAILS

DATES

June 28-July 12, 2019

(we begin in the afternoon on the 28th and end with lunch on the 12th)

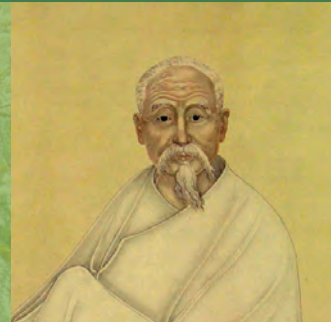
LOCATION

We will be returning once again to The Ananda Center at Laurelwood in Gaston, Oregon (just 25 miles from downtown Portland). With over 50 acres of fertile land, organic, wholesome vegetarian food 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.



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RETREAT CONTENT

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

FACILITATORS



Tamara Staudt, ND, LAc

Tamara Staudt, 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 9th 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 20 years and has led retreats worldwide. The former Dean of Clinical Education at the National University of Natural Medicine, she continues to serve there as a faculty member. The teachings of Wang Fengyi and the *Shan Ren Dao* have deeply interwoven into all areas of her personal and professional life since attending her first retreat in China. That retreat was and continues to be a significant and radical transformational point in her life.

“...I’ve attended 20+ years of workshops ... as well as participated and/or led hundreds of workshops throughout my career. Tamara’s leadership was profound and clearly inspired...unlike anything I’ve ever experienced. The workshop was life changing for me and I am grateful beyond words. Wang Fengyi’s teachings have impacted me very deeply.”

- RETREAT PARTICIPANT



Laurie Regan, PhD, ND

Laurie Regan is Dean of the College of Classical Chinese Medicine at NUNM. She received a doctorate in Neurobiology from Harvard University in 1991, and an ND degree from NUNM 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.

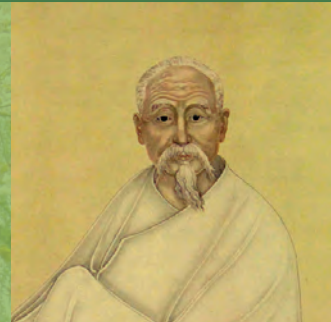
“The retreat has been a turning point in my life.”

- RETREAT PARTICIPANT



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ASSISTANTS

We are grateful for the dedicated presence of all of the assistants who generously volunteer their time and skills to provide the deep community of support so palpably present in this retreat. It is one way they have found to express their gratitude, deepen their experience, and direct the impulse to give back for the profound way the *Shan Ren Dao* retreat has changed their lives.

"The Shan Ren Dao work has truly saved my life. Hands down."

- RETREAT PARTICIPANT

REGISTRATION & ADMISSION

Limited to applicants who are serious about self-exploration and transformation (max. 25 participants); subject to application and interview process. Please note: participant spots fill rapidly.

COST

\$3,250 USD

[Once confirmed as a participant, a \$1,550 non-refundable deposit is due by March 15, 2019. The balance of \$1,700 is due by May 31, 2019].

"Since the retreat, my relationships have changed, my outlook has changed, my life has become more expansive with greater joy."

- RETREAT PARTICIPANT

INCLUDES

All room, meals and tuition.



FINANCIAL AID

Some partial scholarship support is available for those with financial need.

REGISTRATION

To receive an application form or for additional information, please contact:

Jeaneth Villegas (NUNM): 503-552-1720, or
jvillegas@nunm.edu

