

# *Shan Ren Dao*

## PATH OF THE REAL PERSON EMOTIONAL & PHYSICAL HEALING RETREAT

August 25 to September 8, 2020    NEAR PORTLAND, OREGON

### *Do You Ever...*

Notice a deep yearning.... as if something is missing in your life?

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

Get stuck in cycles of self-criticism, depression, anxiety, hopelessness, or outbursts of anger?

Hunger to feel more fully alive and vibrantly 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 outer trapping of our lives the “heart” of who we truly are still exists. 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. Formulated by Wang Fengyi (1864-1937) after his own miraculous healing following an unexpected “change of heart”, this peasant turned saint, wove ancient wisdoms and current understanding into a practical, effective and accessible healing system. Uniquely, it centers around the healing of the heart as he foresaw the disconnect from the true heart was the greatest challenge humanity faced and would continue to face into the present time!

He recognized it was this heart disconnect and the corresponding un-integrated emotions and false beliefs lodging inside our bodies that cloud access to our authentic self. This leaves us in old habitual ways of relating. Further, their presence creates toxins which

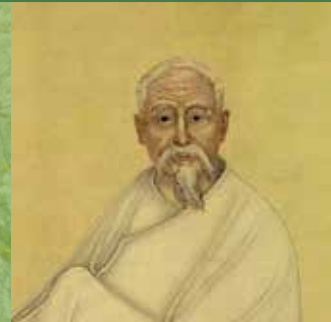
trigger chronic stress reactions and can eventually lead to physical challenges or disease.

The *Shan Ren Dao* teachings and practices illuminate these hidden (often hereditary), sticky and tenacious patterns of operating along with long forgotten or repressed feelings. With new awareness we have the opportunity to shift our experience by stepping into radical self-responsibility for our expression in the world and its impact on ourselves and others. In doing so we move out of blame and into empowerment. We have choice. The inner emotional toxins begin to empty out of our physical body. We become increasingly free from that which has blocked our truest expression. We naturally become more authentic. Our heart heals. And our inner light - that which is ever present even if hidden- naturally begins to shine forth.

*“The retreat has been a turning point in my life.”* - RETREAT PARTICIPANT

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We offer this time-tested system, in the form of this two-week immersion retreat, to those longing to journey within, and begin freeing themselves from the toxic accumulations and “clutter” of a lifetime.

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 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” (*Yijinjing*). Practiced regularly, it stands by its name in delivering a change in the physical body. (Note: No prior Qigong experience is required.)

*“I signed up not knowing what to expect  
but I listened, trusted and allowed ...  
then Magic happened!”*

- RETREAT PARTICIPANT

## 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

*“I am continually awed by how the simple,  
clear wisdom of Shan Ren Dao is leading me  
from my life-long loneliness into community.”*

- RETREAT PARTICIPANT

## SHAN REN DAO RETREAT PROGRAM DETAILS

### DATES

August 25 to September 8, 2020 (we begin in the afternoon on the 25<sup>th</sup> and end with lunch on the 8<sup>th</sup>)

### LOCATION

Stillmeadow Retreat Center, a nurturing retreat center located in rural Damascus, Oregon (1/2 hour from downtown Portland) dedicated to the “evolution in consciousness” so necessary in our current times and perfectly in line with the *Shan Ran Dao* retreat. The main meeting hall is designed according to sacred geometry proportions. Home cooked wholesome and delicious mostly organic meals are prepared onsite. It is an ideal setting for the deeply transformational experience of this retreat.

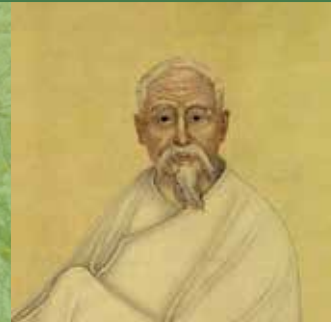


WEB: [stillmeadowretreat.org/about](http://stillmeadowretreat.org/about)



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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
- Custom catered 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 11<sup>th</sup> 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."*

- 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 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.

*"This retreat healed things I didn't even know were hurting. It was so powerful, I went back twice!"*

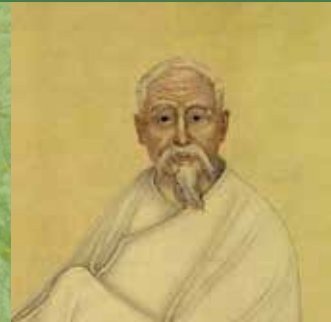
- RETREAT PARTICIPANT

*"The Shan Ren Dao work has truly saved my life."* - RETREAT PARTICIPANT



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## ASSISTANTS

We are grateful for the dedicated presence of all of the assistants who wholeheartedly give of their time and skills to provide the deep container 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.

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

- RETREAT PARTICIPANT

*“Through these teachings I have learned and been able to practice a way of being that elevates my highest Self, the Self that wants to heal, to grow and to prosper. I have been able to shift my relationship with myself, with my loved ones and have noticed a powerful shift in my body and physical health as a result. These teachings gift humanity with the tools to be our truest Selves, those of light and love, and create a ripple effect that emanates out to everyone we touch. In these interesting times of global uncertainty and chaos, this is the medicine we have been waiting for and that which has been waiting for us.”*

- 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 based on triple occupancy.

Price adjustments available for camping, double, or private occupancy.

Once confirmed as a participant, a \$1,550 non-refundable deposit is due to be received by June 1, 2020. The balance of \$1,700 is due by August 1, 2020.

## 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](mailto:jvillegas@nunm.edu)

