



Sheng Zhen Deutschland e. V.
Forellenstraße 1a, 82223 Eichenau

Sheng Zhen Meditation
International Workshop for Sheng Zhen Teachers & Gathering
with Gerlinde Laschalt and Zvi Raz

Thursday, October 29 – Sunday, November 1, 2026
in Freising near Munich, Pallotti House

practice · deepen · learn · share · grow together

With an open heart, we warmly invite you to a connecting time together, held in the spirit of Sheng Zhen Meditation – nurturing heart opening, inner strength, and conscious presence.

This international training is guided by **Gerlinde Laschalt** and **Zvi Raz**. The focus lies on a **moving form of Sheng Zhen Meditation** and a deeper immersion into **Union of Three Hearts**. We will also review some other Sheng Zhen forms.

Sheng Zhen teachers are invited to deepen their practice, teaching skills and receive fresh inspiration. Those who are planning to join a Sheng Zhen Teacher Training with Master Li/Teacher Jing in the future are also warmly welcome to participate.

There will be space for exchange, connection, and growing together – strengthening the vision and heart power of Sheng Zhen Meditation.

Gerlinde Laschalt:

Gerlinde Laschalt, a certified Sheng Zhen teacher from Austria, began her Sheng Zhen meditation journey in 2005. She was first certified in 2008. For her, passing on this valuable practice in workshops and courses is a labor of love. She has also been supporting “Sheng Zhen International” through volunteer work for many years. She is currently part of the World Peace Meditation team.

Zvi Raz:

Zvi Raz, a certified Sheng Zhen and Tai Chi Relaxation teacher has been a close student of Master Li Jun Feng and Teacher Li Jing since 1998. He is founder of Sheng Zhen Israel (2005) and deputy chairman of Sheng Zhen Norway. Zvi is educated in Traditional Chinese Medicine, lives in Norway and teaches in Norway and Israel.

Venue:

Pallotti Haus, Pallottinerstraße 2, 85354 Freising, Germany

Event times:

Thursday: 10:00 a.m. – 6:00 p.m.

Friday: 9:00 a.m. – 5:00 p.m.

Saturday: 9:00 a.m. – 5:00 p.m.

Sunday: 9:00 a.m. – 1:00 p.m.

Lunch and coffee breaks included

If you would like to stay at Pallotti House, please **register by July 20, 2026, at the latest**, as this is the only way we can guarantee accommodation at Pallotti House. A few rooms have also been reserved for those who wish to arrive on Wednesday. **Please register as early as possible** for this as well.

Those who are unable to get a room at Pallotti House can, of course, find their own accommodation in Freising.

Seminar fee: The seminar costs €350.
Early bird discount until Mai 20: €300

The **Pallotti Haus** offers a conference package with full board from Thursday to Sunday or seminar participation without accommodation.

Overnight stay with full board:	Costs per Person
Double room with shower/WC:	€331
Single room with shower/WC:	€361
without overnight stay with lunch and afternoon coffee break with pastries	€160

For those who would like to arrive on Wednesday, we can book an additional night's accommodation with breakfast for €46 (double room)/€56 (single room).

In addition to lunch, a coffee break with pastries will be offered in the afternoon. Please bring your own drinks for the practice sessions. Hot water is always available. **Please bring your own water bottle and/or cup.**

Please indicate whether you would like regular meals or vegetarian, gluten-free, or lactose-free options. Those with other food intolerances are asked to bring their own alternative products.

Payment terms:

Seminar fee

Once you have registered (scan and email the registration form on the last page or send an email with all the necessary information), you will be sent an invoice. Your place is secured once the transfer has been received.

Accommodation and meals at Pallotti Haus

Room rental and catering can be paid for directly on site at Pallotti Haus.

Directions:

From Munich Airport (Franz Josef Strauß), you can take bus number 635 to Freising Bahnhof (20 minutes) or the S-Bahn (S1, note: change trains in Neufahrn in the direction of Freising). A taxi from the airport to Pallotti Haus costs around €35.

From Munich Central Station, you can take the S-Bahn (S1 to Freising, 41 minutes) or a regional train to Freising (24 minutes).

Taxis from Freising train station to Pallotti Haus cost around €10. You can also take bus no. 630 to Camerloherstraße or bus no. 631 to Vimystraße. From there, it is a 5-minute walk to Pallotti Haus.

We are looking forward to seeing you!

Manuela, Gaby and Mirjam (Sheng Zhen Deutschland e. V.) with Gerlinde und Zvi

Cancellation policy Pallotti Haus:

Up to 3 months before the start of the event:	free of charge
3 months to 6 weeks before the start of the event:	33%
6 weeks to 3 weeks before the start of the event:	50%
3 weeks to 1 week before the start of the event:	75%
1 week to the day of arrival:	90%
10% (rounded) of the contingent up to 1 day before the start:	free of charge

Cancellation policy for seminar fees:

Up to 6 weeks before the start of the event:	free of charge
6 weeks to 3 weeks before the start of the event:	€50 processing fee
3 weeks to 1 day before the start of the event:	50%
On the day of arrival:	90%

Registration via Sheng Zhen Deutschland e.V. (kontakt@shengzhen.de).

Either fill out the form below or send us all the necessary information in an informal e-mail.

Name and address:

E-Mail-address:

Early bird booking until May 20: no yes

Workshop for Sheng Zhen Teachers 350 € 300 €
October 29 – November 1, 2026

I would like to stay at Pallotti House.: no yes
double room single room

Catering: meat vegetarian gluten-free lactose-free