



歐洲少林寺
SHAOLIN TEMPLE
EUROPE

MASTERCCLASS THAILAND

5 - 10 FEBRUARY 2024

6 DAYS

DISCOVER YOUR INNATE POTENTIAL AND STRENGTH.

Experience the power of
heart to heart transmission and direct teaching.
Connect to ancient methods and wisdom.
Learn how to integrate and apply them in every moment.
Cultivate a holistic approach to life.

**TWO MASTERS.
ONE TEACHING.
NO RETURN.**



NURTURE YOUR SPIRIT

Give yourself a break from daily life.

Join us on a remote island and
give yourself the chance to
revitalize, rejuvenate and strengthen.

WHERE?

GUAN YIN TEMPLE

Koh Phangan | Thailand





CONTENT

SHU JING GONG

10 Section Buddhist Qi Gong Practice

MICROCOSMIC ORBIT

Introduction into Taoist QiGong

TUISHOU SENSING HANDS

TEATALKS & Q&A

Harmony | Purpose | True Nature

TIME TO DEEPEN YOUR PRACTICE

This Masterclass is offered to dedicated practitioners.

A rare chance to discover the inner worlds of form.

Study a unique QiGong Routine: Shu Jing Gong.

Understand how to how to regulate your body, breathing, emotional mind, Qi and Spirit.

Study the Microcosmic Orbit.

Understand your energetic pathways, how to open and activate your energetic system in form practice and everyday life.

Study the secret heart practice of Wu TaiChi:

Tui Shou Sensing Hands.

Understand how your energetic system communicates with the outer world.

Start the journey to a higher level of consciousness.

SCHEDULE

OPTIONAL MEDITATION

7 - 8AM

MORNING PRACTICE

8 - 11AM

AFTERNOON PRACTICE

3 - 6PM

Keep your schedule flexible.
There will be extra activities.

ON THE FINAL WORKSHOP DAY,
WE WILL CELEBRATE CHINESE NEW YEAR.
LET THE YEAR OF THE DRAGON START!



PRICE
1690 EURO

ORGANISATION

Travel, accommodation and food
are not included in the Price.

Participants are responsible for
booking their travel and accommodation.

Feel free to contact

JOURNEYINTOONESELF@GMAIL.COM

for questions and support.



FREE TIME

Koh Phangan is one of the most iconic islands
in the Gulf of Thailand.

Make sure you give yourself enough time to explore...

traditional massages, over 20 Buddhist temples,
mesmerising sunsets,
jungle hikes to breathtaking viewpoints,
quiet hidden beaches, waterfalls,
live music & dancing, cooking courses, markets
diving, kitesurfing, boat trips
...and so much more.

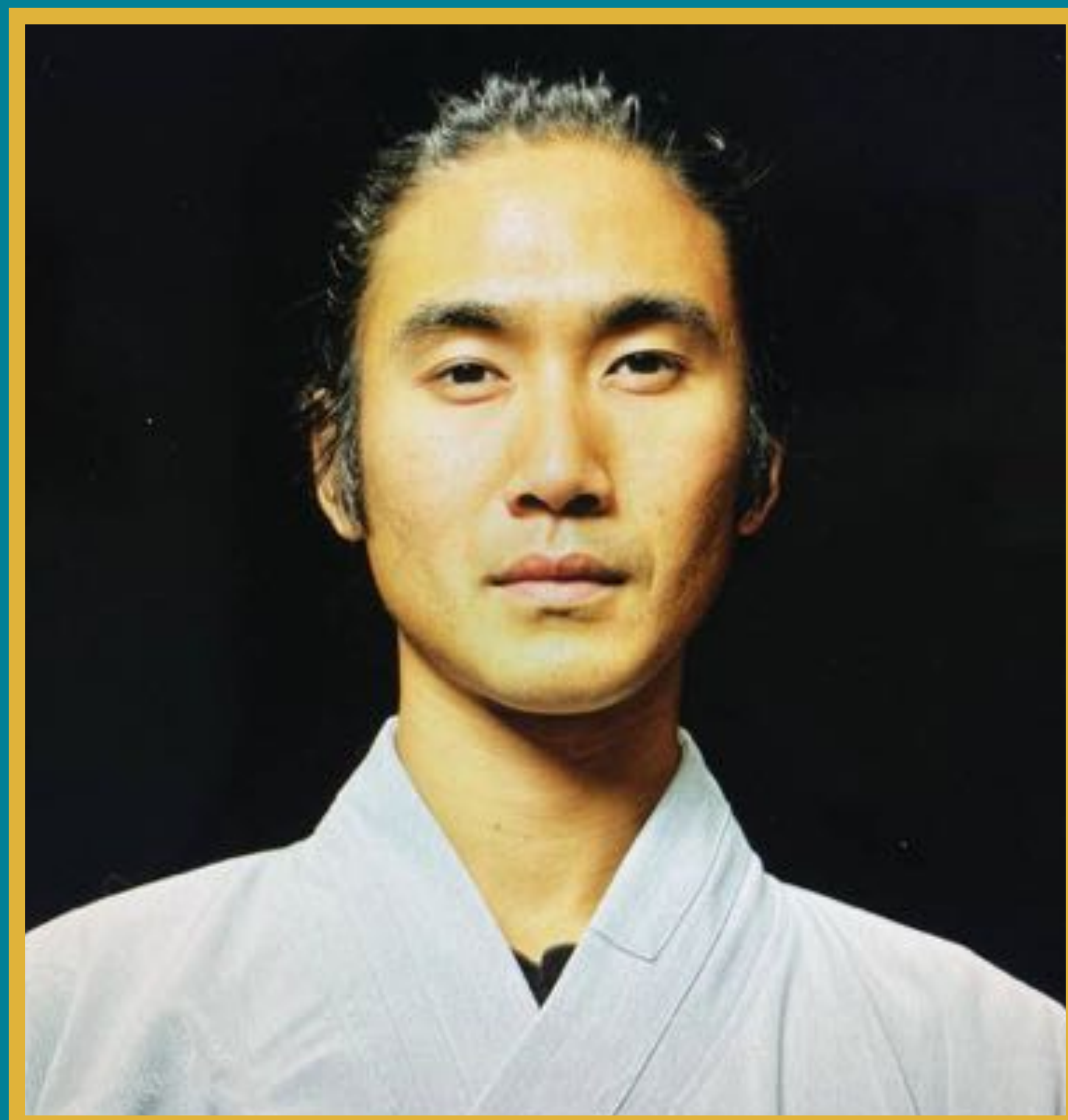


MASTERS



SHIFU SHI HENG YI

Belongs to the 35th Generation of Shaolin Masters
and is the Headmaster of Shaolin Temple Europe.



SHIFU SHI HENG ZUAN

Belongs to the 35th Generation of Shaolin Masters
and is Master at Shaolin Temple Europe.