



SHAOLIN TEMPLE
EUROPE

EN

Dates 2024

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The entry dates in 2024 for monastery on time:

Experience everyday monastic life together with the community (Sangha) at Shaolin Temple Europe. No special "program" is offered for the visit, but you take part completely in the everyday life of the monastery and get to know it authentically, as it is normally held.

Please note that this offer is only valid up to the age of 25, from the age of 26 you have to switch to another offer. For example, we have included the "Shaolin Experience Week" in May, to which all people aged 26 and over are expressly invited.

- 25. March 2024 (**two weeks possible**)
 - 01. April 2024
- 22. Juli 2024 (**two weeks possible**)
 - 29. Juli 2024
 - 09. December 2024



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The public retreats 2024:

For a weekend retreat (3 days) or a week-long retreat (6 days), you have the opportunity to retreat to the monastery and find peace and quiet, get away from things, gain new experiences, refresh forgotten knowledge and gain inspiring perspectives.

In contrast to a monastery on time week, in a retreat you choose the subject area, such as Kung Fu, Tai Chi, Qi Gong, meditation etc. and dedicate yourself to learning or expanding your skills in the relevant areas during your stay.

1st quarter:

- ~~January 15, 2024: Qi Gong Retreat (6 days: Ba Duan Jin)~~
- ~~February 16, 2024: Qi Gong weekend retreat (3 days: Fundamentals of Qi Gong)~~
- February 19, 2024: Meditation of Loving Kindness (Metta Meditation) 6 days - silent retreat - in German
- March 01, 2024: Introduction to San Shou (3 days: Introduction to combat training)
- ~~March 04, 2024: Qi Gong Retreat (6 days: Yi Jin Jing)~~
- March 11, 2024: Shaolin Group Form (6 days: Kung Fu Retreat)
- ~~March 22, 2024: Kung Fu Weekend Retreat (3 days: Introduction to Shaolin Kung Fu)~~

2nd quarter:

- ~~April 12, 2024: Tai Ji Retreat (3 days: Fundamentals of Tai Ji)~~
- ~~April 19, 2024: Qi Gong Weekend Retreat (3 days: Yan Shou Gong) — with Master Yap Bo Heong~~
- April 22, 2024: Kung Fu Retreat (5 days: 5 Ancestor Kung Fu) - with Master Yap Bo Heong
- ~~April 29, 2024: Tai Ji Retreat (6 days: Tai Ji I)~~
- May 06, 2024: Tai Ji Retreat (6 days: Tai Ji II)
- May 13, 2024: Kung Fu Retreat (6 days: Yin Shou Gun - staff form - weapon retreat)
- May 31, 2024: Kung Fu Retreat (3 days: Fighting Zen)
- June 03, 2024: Happy Buddhist Retreat in English (6 days)
- June 17, 2024: Shaolin Summer Camp with the masters Shi Yan Lei and Shi Heng Yi (only 2 weeks bookable)*1



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3rd quarter:

- July 05, 2024: Kung Fu Weekend Retreat (3 days: Introduction to Shaolin Kung Fu)
- July 08, 2024: Kung Fu Retreat (6 days: Shaolin San Shou - Combat Training)
- July 15, 2024: Kung Fu Retreat (6 days: Pao Quan) - with Master Shi Yan Lu
- August 05, 2024: Shaolin Bootcamp (6 days: Intensive Training!!!)*2
- August 12, 2024: Kung Fu Retreat (6 days: Shaolin Dao - Shaolin Broadsword - Weapon Retreat)
- ~~- August 19, 2024: Qi Gong Retreat (6 days: Chan Yuan Gong)~~
- September 06, 2024: Tai Ji Retreat (3 days: Fundamentals of Tai Ji)
- ~~- September 09, 2024: Qi Gong Retreat (6 days: 13 Luohan Gong)~~
- September 16, 2024: Meditation of Loving Kindness (Metta Meditation) 6 days - silent retreat - in English
- September 23, 2024: Tai Ji Retreat (6 days: Tai Ji I)
- September 30, 2024: Tai Ji Retreat (6 days: Tai Ji II)

4th quarter:

- October 14, 2024: Qi Gong short-term retreat (3 days: Zhan Zhuang Gong)
- October 18, 2024: Qi Gong weekend retreat (3 days: Yan Shou Gong) - with Master Yap Bo Heong
- October 21, 2024: Kung Fu Retreat (5 days: 5 Ancestor Kung Fu) - with Master Yap Bo Heong
- November 01, 2023: Buddhism in German (3 days)
- November 04, 2024: Qi Gong Retreat (6 days: Yi Jin Jing)
- November 11, 2024: Happy Buddhist Retreat in German (6 days)
- November 25, 2024: Qi Gong Retreat (6 days: Ba Duan Jin)
- December 06, 2024: Meditation Weekend Retreat (3 days: Meditation Methods)

*1 = At the Shaolin Summer Camp only overnight stay outside the Shaolin Temple is possible.



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Overview of the workshops and unique workshops 2024:

Workshops in Germany outside the monastery:

- May 13, 2024: Week Workshop (5 days) - Tai Ji III Workshop - in Saarbrücken
- May 27, 2024: Shaolin - Experience Workshop (5 days) - in Otterberg
- July 01, 2024: Week Workshop (5 days) - Tai Ji I Workshop - in Saarbrücken
- July 01, 2024: Week Workshop (5 days) – Combat Training – in Wuppertal/Solingen
- July 08, 2024: Week Workshop (5 days) - Tai Ji II Workshop - in Saarbrücken
- July 15, 2024: Week workshop (5 days) - Tai Ji III workshop - in Saarbrücken
- August 19, 2024: Week workshop (5 days) - Bamboo Weapon - in Saarbrücken
- October 07, 2024: Week workshop (5 days) - Tai Ji III Workshop - in Saarbrücken

International workshops outside the monastery 2024:

- ~~- February 05, 2024: Masterclass in **Thailand** (6 days)~~
- February 12, 2024: The **Thailand** Experience - A Journey into oneself (12 days)
- June 10, 2024: The Shaolin Experience - **Romania** (3 days)

*Prices and registration information can be found in the information pdf.

Please note that accommodation and meals must be organized by the participants themselves for all workshops.



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The dates for the 2024 monastery festivals:

- May 25, 2024 - Vessak Festival - Buddha's birthday, day of his enlightenment and entry into Parinirvana
- August 31, 2024 - Ullambana Festival - Buddhist Mother's Day (remembrance and gratitude to parents and ancestors); also known as the Ghost Festival

Visiting the festivals is free of charge, but you still have to register by e-mail. Registration by telephone is not possible.

APPLICATION and REGISTRATION:*

"The first step towards your stay"

⚠ Registration is only possible via the online form! ⚠

In German: <https://www.shaolintemple.eu/index.php?page=online-registration-de>

In English: <https://www.shaolintemple.eu/index.php?page=online-registration>

*How and under what conditions you can register can be found in the "Information on registration and stay for 2024". Please read this carefully.

FURTHER FREE OFFERS OF THE MONASTERY:

"For preparation, study in depth or extended practice"

If it is still a while before your first stay or as an interim impulse for everyday life, there are already numerous free introductions and instructions, such as on our official websites:

Shaolin Temple Europe – Temple and Training-insights:

<https://www.youtube.com/@ShaolinTempleEurope>

Shi Heng Yi Online – Introduction into zur Theory und Practice:

<https://www.youtube.com/@ShiHengYiOnline>

You can also find in-depth insights and explanations of the inner healing and cultivation practices **free of charge** on the website of the head master, Shi Heng Yi:

Shi Heng Yi Online – In depth Practice:

<https://www.shihengyi.online>



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Insight into the Self:
„The foundation of inner practice“

For 1 year now, there is also the possibility to participate in the 12-month Self-Mastery Online Course. This course deals with essential topics and practices, such as the internal arts of Shaolin, as well as the less popular Wu Gong practices, e.g. Luohan Gong, the Buddhist Mantra Qi Gong: Shu Jing Gong or the tradition-rich Wu Xing Quan practice from the Xinyi Kung Fu of the Dai family. The willingness to learn is crucial to progress in the practice, therefore the own learning speed can be adjusted as the videos in this course can be retrieved and viewed at any time after successful activation.

Since this program was originally intended for all people who do not have the immediate opportunity to visit our monastery, we have published this program **primarily in English**. We are already working on an option for the German-speaking Shaolin enthusiasts.

Shaolin.Online – The 12-month-course of the Shaolin Temple Europe:

<https://shaolin.online>



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Ab / Datum	Was / Bezeichnung	Tage	Wo	Preis	Vorraussetzung / Beschränkung
1. Quartal					
12. February 2024:	The Thailand Experience – A Journey into oneself	12	Thailand	900,00	
19. February 2024	Meditation of Loving-Kindness (Metta-Meditation)	6	STE +	995,00	Silent Retreat – only in German
01. March 2024	Introduction to San Shou: Combat Training	3	STE +	545,00	
11. March 2024:	Kung Fu Retreat: Shaolin Group Form	6	STE +	995,00	
25. March 2024:	Monastery on Time (two weeks possible)	6 / 13	STE	595,00 / 1290,00	Maximum age: 25 years
2nd quarter					
01. April 2024:	Monastery on Time	6	STE	595,00	Maximum age: 25 years
22. April 2024:	Kung Fu Retreat: 5-Ahnen-Kung Fu	5	STE +	995,00	
06. May 2024:	Tai Ji Retreat: Tai Ji II	6	STE +	995,00	Participation in Tai Ji I
13. May 2024:	Kung Fu Retreat: Yin Shou Gun – Staff Form – Weaponretreat	6	STE +	995,00	
13. May 2024:	Week Workshop – Tai Ji III Workshop	5	SB	700,00	Participation in Tai Ji I + II
25. May 2024:	Vessakfest – Buddhas Birthday, Enlightenment and entrance into Parinirvana	1	STE	-	Pre-registration by e-mail required
27. May 2024:	Shaolin – Experience Workshop	5	Otterberg	360,00	Not in the Shaolin Temple
31. May 2024:	Kung Fu Retreat: Fighting-Zen	3	STE +	545,00	
03. June 2024:	Happy Buddhist Retreat in English	6	STE +	995,00	Only in English
10. June 2024:	Workshop: The Shaolin Experience – Rumänien	3	Rumänien	445,00	
17. June 2024:	Shaolin Sommercamp	13	STE *1	1990,00	No accommodation in the SLT
2. Quartal					
01. July 2024	Week Workshop – Tai Ji I Workshop	5	SB	700,00	
01. July 2024	Week Workshop – Combat Training	5	Wuppertal	545,00	Self-Accomodation. Workshop with Shifu Yanlei, Shi Heng Yi, Xiao Shen and Xiao Feng
05. July 2024:	Kung Fu W.-endRetreat: Introduction to Shaolin KungFu	3	STE+	545,00	
08. July 2024:	Kung Fu Retreat: Shaolin San Shou – Combat Training	6	STE+	995,00	
08. July 2024:	Week Workshop – Tai Ji II Workshop	5	SB	700,00	Participation in Tai Ji I
15. July 2024:	Kung Fu Retreat: Pao Quan	6	STE+	995,00	
15. July 2024:	Week Workshop – Tai Ji III Workshop	5	SB	700,00	



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22. July 2024:	Monastery on Time (two weeks possible)	6 / 13	STE	595,00 / 1290,00	Maximum age: 25 years	
29. July 2024:	Monastery on Time	6	STE	595,00	Maximum age: 25 years	
05. August 2024:	Shaolin Bootcamp (Intensive Training!!!)	6	STE*2	995,00	Very good physical fitness	
12. August 2024:	Kung Fu Retreat: Shaolin Dao – Shaolin Broadsword	6	STE+	995,00		
19. August 2024:	Week Workshop – Bamboo-Weapon	5	SB	700,00		
31. August 2024:	Ullambanafest – remembrance of ancestors, Ghost festival	1	STE	-	Pre-registration by e-mail required	
06. September 2024:	Tai Ji Retreat: Fundamentals of Tai Ji	3	STE+	545,00		
16. September 2024:	Meditation of Loving-Kindness (Metta-Meditation)	6	STE+	995,00	Silent Retreat in English	
23. September 2024:	Tai Ji Retreat: Tai Ji I	6	STE+	995,00		
30. September 2024:	Tai Ji Retreat: Tai Ji II	6	STE+	995,00	Participation in Tai Ji I	
	3. Quartal					
07. October 2024:	Week Workshop – Tai Ji III Workshop	5	SB	700,00	Participation in Tai Ji I + II	
14. October 2024:	Qi Gong Retreat: Zhan Zhuang Gong	3	STE+	545,00		
18. October 2024:	Qi Gong Weekend-Retreat: Yan Shou Gong	3	STE+	545,00		
21. October 2024:	Kung Fu Retreat: 5-Ahnen-Kung Fu	5	STE+	995,00		
01. November 2024:	Buddhism in German	3	STE+	545,00	Only in German	
04. November 2024:	Qi Gong Retreat: Yi Jin Jing	6	STE+	995,00		
11. November 2024:	Happy Buddhist Retreat in German	6	STE+	995,00	Only in German	
25. November 2024:	Qi Gong Retreat: Ba Duan Jin	6	STE+	995,00		
06. December 2024:	Meditation W.-end-Retreat: Meditation methods	3	STE+	545,00		
09. December 2024:	Monastery on Time	6	STE	595,00	Maximum age: 25 years	



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Dear Sir or Madam,

thank you for your interest in the Shaolin Temple, its teachings, art and culture.
Below you will find all relevant information for a booking at Shaolin Temple Europe.
Throughout the year we offer a wide range of programs.

General information for all offers:

All of our publicly advertised programs are equally suitable for beginners and advanced students (unless explicitly stated otherwise). Also men and women are equally welcome.

Teaching takes place in German and English (unless stated otherwise).
Where only one language is spoken, you can ask for translation.

An overnight stay with accommodation in the monastery outside of these specified times for Monastery on Time or Retreat programmes is not possible.

We also request that you arrive and depart at the correct time. Admission to the monastery is not possible before the stated time. Also, after the event the monastery is to be left respecting subsequent guests and preparatory work for it.

With "**Monastery on Time**" our guests take part in the normal monastic daily routine of the Shaolin Temple for one week. This includes, among other things, that guests for Monastery on Time take part in the training (Kung Fu, Qi Gong, Rou Quan / Tai Chi Quan), the lessons of the different teachings (Buddhism, Taoism, Confucianism) and of course the complete daily routine with meditations, ceremonies, meal times, working meditation etc. of this week.

With Monastery on Time, we would like to offer our guests an insight into the monastic life of the Shaolin Temple Europe and thus a physically and mentally enriching and educational week.

In our "**Retreats**" our guests participate for a week (6 days) or a weekend (3 days) in a program that is designed to give you knowledge and skills in a specific area. This means that Retreats are always specialized in a specific topic and are designed in such a way that you can take the content you have learned home with you and continue to practice it for yourself at home.

We have a wide range of Retreats for our guests from Qi Gong, Kung Fu, Shaolin Tai Chi / Rou Quan and Buddhism / Meditation Retreats etc.

The "**Workshops**" are designed to deepen your existing practice. If you have never attended one of our Retreats, the first step is to get an introduction to the Shaolin arts by attending a Retreat or Monastery on Time or one of the seminars. If you have already visited our monastery and are familiar with the practices, you are welcome to contact us to get one of the free places in the workshops.

The "**Seminars**" of our monastery are usually one-day-seminars, in which, among other things, theoretical background knowledge, history, ethics, contents of the different teachings (Buddhism, Taoism, Confucianism) and much more are taught. Some seminars consist of two days, which must be booked together.



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1. Information on Monastery on Time:

ATTENTION: Monastery on Time is only possible up to the age of 25. This is the maximum age. People who are older and would like to take part in the program are welcome to attend the Shaolin Experience Week.

You are welcome to book one week of Monastery on Time or, where possible, even two weeks. If you would like a second week in the monastery and this is not advertised, this is only possible by booking the Retreat taking place in the following week.

Monastery on Time always starts on a Monday and continues until Saturday (the Sunday inbetween the weeks is of course included if you book several weeks).

Since there are certain starting dates, we have listed these on the homepage and in the information mail.



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It is not possible to stay overnight outside of these specified times for Monastery on Time or Retreat programs.

We would like to inform you in advance that in order to participate in Monastery on Time a medical certificate is required as a proof of your capability to participate in sport activities.

For insurance reasons we are not allowed to specify what the doctor should examine. Please note that a participation in Monastery on Time without this proof is not possible.

However, due to misunderstandings, we would like to point out that such a certificate can be made by a general- or family doctor and does not require a "pressure chamber examination" or high costs.

We also cannot give any information about the level of physical fitness one should have to participate.

You can expect a high level of sport activity at a Monastery on Time, but meditation, Qi Gong, theoretical teachings (Buddhism, Taoism, Confucianism), working hours at the monastery and Buddhist ceremonies are also part of the normal monastic routine. In addition, our guests should participate in the education of novices and disciples in the monastery. Therefore, the content and physical intensity of each week of Monastery on Time is different. Also, not all of the listed aspects have to occur in one week.

Accommodation in the monastery or in the guesthouse of the monastery in Otterberg is always gender-separated and in shared rooms (4-bed rooms). This also applies to (possibly married) couples.

Monastery on Time always starts on Mondays at 1:00 p.m. and ends on Saturdays at 11:00 a.m.
Please respect the arrival and departure times.

For the Shaolin Bootcamp the same conditions apply as for Monastery on Time!

2. Prices for Monastery on Time:

Monastery on Time costs 595,-- Euro per week including accommodation, meals, training and lessons etc. The cost for two weeks of Monastery on Time is 1290 euros.

Training clothes, equipment and travel are not included in these prices.

No specific equipment is required for Monastery on Time.

If necessary, training clothes can be purchased at the monastery.

For Monastery on Time an external hotel accommodation is not possible.

The price is based on the vegetarian diet, which is common in the monastery.

Any other form of diet (e.g. vegan diet or the consideration of allergies) is not possible.



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3. Prices and information for the Retreats:

All 3-day Retreats (Weekend Retreats) cost 545,- Euro per person.

With the additional possibility, the costs for the external overnight stay are added and must be covered by the participant (see "additional possibility" below).

All 5- and 6-day Retreats cost 995,- Euro per person.

With the additional possibility, the costs for the external overnight stay (and catering if necessary) are added and must be covered by the participant (see "additional possibility" below).

The two weeks Shaolin Summer Camp with the masters Shi Yan Lei and Shi Heng Yi cost 1990,- Euro. The Summer Camp is exclusively with external accommodation.

In the case of external accommodation, the participant must book the corresponding overnight stay by themselves.

For the Shaolin Bootcamp and the Shaolin Intensive Training weeks, hotel accommodation is not possible.

All prices include accommodation (except from additional possibility) and meals (except for the additional possibility II), lessons and training etc.

The travel costs are not included in these prices.

Also not included are the prices for training clothes and possibly equipment (if needed).

However, these can be purchased in the monastery shop if required.

It is not possible to stay overnight outside of the specified times for Monastery on Time or Retreat programmes.

The price is based on the vegetarian diet, which is common in the monastery.

Another form of diet (e.g. vegan diet or consideration of allergies) is not possible.

The Retreats always start at 1:00 p.m. (6- day Retreats on Mondays; 3-day Retreats on Fridays).

The 6-day Retreats end on Saturdays at 11:00 a.m. and the 3-day Retreats end on Sundays at 2:00 p.m.

Please respect the arrival and departure times.



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Further information about the contents and topics of the individual Retreats can be found on our homepage.

For some of the forms or sets that are practiced during the Retreats, there are also videos on our homepage or on our YouTube channel:

<https://www.youtube.com/user/ShaoLinTempleEU>

To get an impression of some of the Retreats and to prepare yourself for them, you can also visit www.shihengyi.online.

Also, at the following link you will find the Self-Mastery online program to follow the teachings of Shaolin from home: <https://shaolin.online>

The office cannot give any further information about individual forms or sets.

4. Additional possibility to participate in our Retreats (with note "except additional possibility"):

Due to the great demand we have added the possibility to participate in Retreats and instead of staying in the monastery you can stay in rooms outside the monastery (e.g. hotel or holiday flat).

For the full experience we suggest booking your stay as early as possible in the future. Regardless of the outside accommodation, you will participate in all activities related to the Retreat. This is the only way to enable you to participate at all, as the capacities of the monastery are full.

If you wish to accept this offer, the total price for the Retreat includes lessons and meals.

Excluded: In case of additional possibility II, catering is also not included.

Not included are the costs for the external overnight stay outside the monastery and in case of additional possibility II the external overnight stay and catering.

The external overnight stay must be organized by the participants themselves in case of the additional option. In the case of additional option II, this also applies to catering.

Furthermore, you will need your own vehicle to get to the monastery and back, as we cannot offer a driving service.

However, there is a bicycle rental service in Otterberg.

If you wish to take accept of this offer, please state when booking which program you wish to book and that you would like to book with additional possibility / an accommodation outside the monastery.



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5. Workshops

Workshops include training only (except the Buddhist-Qi Gong workshop).

Unless otherwise stated, all workshops take place at Shaolin Temple Europe.

The first training session always starts on Mondays at 15:00 or for weekend workshops on Fridays at 15:00.

The last training session ends on Saturday at 11:00 am or on Sunday at 11:00 am.

Accommodation and meals are not included. These must be organized and booked by the participants themselves.

The workshops are designed to provide you with training methods and insights into the various practices of the Shaolin arts, without having to adhere to the fixed schedule and structure of the monastery.

For Workshops in the Shaolin Temple:

Out of consideration for the residents of the monastery, we ask you to observe the following:

- arrive no earlier than 15 minutes before each training session
- leave the monastery at the latest 15 minutes after each training session

The cost for a one-week workshop (6-days) is 700,-- Euro and for a 3-day Workshop is 445,-- Euro (this does not include accommodation and meals).

For the 6-day workshop "Masterclass Thailand" - the costs are 1690,-- Euro.

For the 12-day workshop "The Thailand Experience - A Journey into Oneself" the costs are 900,-- Euro.

The costs for the Romania workshop are 700,-- Euro.

6. information about the summer camp 2023

The summer camp, which will take place from June 17 to June 29, 2024, costs 1990,-- Euro.

This price includes vegetarian meals at the monastery and bus transfer from Otterberg to the monastery in the morning and back in the evening.

Parking is not possible in the monastery parking lot during this time.

Accommodation is not included in this price. As with the workshops, all participants must organize their own accommodation.

A different diet (e.g. vegan diet) or the consideration of allergies is not possible.



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7. General information on Monastery on Time, the Retreats and the Workshops:

The Workshops, Retreats and Monastery on Time programmes are taught in both German and English. Where only one language is spoken, you can ask about translation into German or English.

Accommodation in the monastery or in the guesthouse of the monastery in Otterberg is always gender-separated and in shared rooms (4-bed rooms). This also applies to (possibly married) couples.

The times for arrival and departure are listed above. We ask you to respect them.

All our programs are of course equally suitable for women and men.

Please understand that we cannot answer any questions about which trainer will be in charge of the training.

The monastery has several masters, teachers and trainers and you can learn a lot from each one. Since the masters, teachers and trainers often lead the Retreats or trainings together or alternate with the training, this question cannot be answered.

It also does not mean that a master who leads a Retreat will lead every single training.

We would also like to point out that you will participate in all Buddhist ceremonies during your stay in the monastery (this is obligatory).

In these ceremonies it is part of the practice to bow before a Buddha statue and to prostrate on your knees, among other things.

It should be noted that we do not wish or expect any of our visitors or participants to become Buddhists or to experience a change of heart during their stay. Also, by participating in Buddhist ceremonies you do not enter Buddhism or lose your religion.

In general, you can only enter Buddhism on your own free will and conviction, if you are fully aware of this decision and its significance.

It is merely important to us as a Buddhist community that our guests participate in the Buddhist monastic life in an unadulterated way and behave according to the traditions of the monastery, just like in any other religious place (e.g. a church, synagogue, mosque etc.).

8. Exemplary daily routine:

Here you can find an exemplary daily schedule for Monastery on Time:

7:00	Breakfast
8:00	Meditation / morning training
9:00	Training
11:00	Working hours in the monastery
13:00	Lunch
15:00	Training
17:00	Working hours in the monastery
18.00	Dinner
19:00	Theory classes (Buddhism/Taoism/Confucianism) or training
21.00	Evening ceremony
22.00	Noble Silence
22.30	End of the day



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Please note that this daily schedule is only exemplary and may change depending on the content of a Retreat, weather conditions or decisions of the Masters leading the Retreat.

The daily schedule of a **Retreat** can be very different between the retreats and is determined in each case by the leader / leaders of the retreat. Therefore, no exact details can be given here.

Individual inquiries as to what the daily schedule will be in a particular week or Retreat cannot be answered due to the many factors involved and the many inquiries.

Furthermore, one has to take into account that there are several Masters in the monastery and that these Masters, depending on the content of the Retreat and the composition of the group, determine a suitable daily schedule for the Retreat.

We thank you for your understanding.

For a **Workshop** the times of the training sessions are from 8.00 - 11.00 and from 15.00 - 18.00. On the first day the first training session is at 15.00 and on the final day the last training session ends at 11.00. Since the rest of the time is not spent in the monastery, we cannot give any information about this.

For the **Seminars** the same applies as for the Retreats.

9. Registration:

Registration for Monastery on Time, Retreats, Workshops and Seminars is possible at any time and only possible via the registration form on the homepage.

We need the following information for your registration:

**Reason for registration (Monastery on Time / name of retreat/ name of seminar)
with the date on which the program starts**

**Name, first name
Gender
Street and number
Postcode, City
Country
Phone number
E-mail address
Date of birth**

Confirmation that you have read and accept the terms of registration

Registration is only possible by the registration form by the following links:

In German: <https://www.shaolintemple.eu/index.php?page=online-registration-de>

In English: <https://www.shaolintemple.eu/index.php?page=online-registration>



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Registrations for Monastery on Time, Retreats, Workshops and day Seminars are **binding** and only **binding registrations** can be accepted. If a booking is made that is not paid for, the registered person is blocked from further bookings.

Please also make sure before booking that your employer has approved your leave and that you are not prevented from attending for other reasons. All vacation issues, etc. should be cleared with employers, family, etc. beforehand.

Later cancellation for work reasons is not possible.

Cancellation of the booking for any reason is not possible. It is not possible to cancel your booking.

Similarly, for the practice of high-risk sports (such as skiing, motorbike racing, parkour, skateboarding, etc. - also not named) no matter if for private or professional reasons, the following principle applies: if someone has to cancel because of these activities, the person bears the risk himself/herself. Cancellation or rebooking is not possible and no voucher will be given.

For Monastery on Time, Shaolin Intensive Training Weeks and Shaolin Bootcamp, a medical certificate must be presented upon arrival, stating that the participant is physically able for sports.

Whether this fitness for sports can be granted by the doctor should be clarified before booking.

A later cancellation due to previously foreseeable health impairments is not possible.

In principle, no matter what the reason (incl. illness, etc.): No refund and no credit, no withdrawal of the booking or cancellation and also no rebooking, exchange or other replacement! We strongly recommend to take a travel cancellation insurance which also covers risks like illness and corona!

We also ask to refrain from requests of this kind.

In principle, the following applies: In the event of cancellation for reasons for which Shaolin Temple Europe (or the Buddhist Order of Shaolin e.V.) is responsible, a credit note will be issued and a voucher will be given. For all reasons for which the temple is not responsible, we recommend taking a travel cancellation insurance, as no refund or voucher can be given.

Rebooking's are normally not possible, because the temple reserves the places bindingly and other persons are then rejected. If a rebooking nevertheless should be unavoidable and be approved, there will be a **rebooking fee** in the amount of 200,-- Euro.

Special regulation because of the Corona-Pandemic:

The corona risk is well known. Therefore: If Monastery on Time, a Retreat, a Workshop or one-day Seminar is cancelled due to a state or federal order, a voucher will be given which is valid for three years.

Otherwise, if the event can take place, everyone must have become aware before registration, also with regard to accommodation in a shared room, whether for example they belong to a risk group.

Such an objection is not admissible in retrospect and there will be **no refund or voucher**.

The risk of corona illness is also on the registered person. We recommend again the taking out of an appropriate travel cancellation insurance.

The risk that you are not allowed to leave your country, are not allowed to enter Germany, or quarantine measures apply, is the responsibility of the participants themselves and is not a responsibility of Shaolin Temple Europe. Again, no refund or voucher will be given. To our regret, we have to handle it this way, otherwise we would only be able to accept bookings from within Germany.



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Even if any type of regulations come into force by order of the state or federal government or apply, i.e. only vaccinated and recovered persons may participate, there is no possibility of refund or voucher.

We ask to refrain from such inquiries.

We recommend that you take a travel cancellation insurance that also covers the corona risk.

By registering, you declare that you expressly agree with these conditions.

The confirmation of registration can take 14 to 20 days. We regret this very much and try to answer every registration and every request as soon as possible. Due to the large number of registrations and enquiries, it is unfortunately not possible for the monastery to process them faster.

You will receive a booking number with your registration confirmation.

Please **always** quote this number in all cases of **payments** and **queries** (without exception).

You will find the number in the marked field of the registration confirmation, to the right of the address field.

In case of queries and for payments
please always specify the
Registrationnumber:

XX'Y'XXXXX-XXXXXX

ATTENTION

*Payments cannot be assigned without a
number!*

*Without a number, questions cannot be
Answered!*

10. Payability:

Please note that registrations are binding and cannot be cancelled. There will be no refund.

The costs for Retreats, Workshops, day Seminars and Monastery on Time are payable at the latest within 7 days after receipt of the registration confirmation (except "last-minute" registrations where the payment date is in less than 7 days).

The costs for retreats and Monastery on Time are payable at the latest within 7 days after receipt of the registration confirmation (except for short-term registrations where the date is less than 7 days away).

Longer payment terms and payment by instalments are **not possible**. We ask to refrain from such requests.

If no payment is made within 7 days, the place will be released and further registrations will be accepted for this date.

If you have not paid within the payment deadline and all places are taken, you will unfortunately not be able to participate in the program.



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Furthermore, all persons who register and do not pay will be blocked from further registrations.

Payment can be made by bank transfer or by Paypal - in this case the Paypal fees are to be paid which can be requested in advance at the monastery.

We normally do **not** send a confirmation of payment. Normally it is enough that your bank states it has made the payment. However, if you would like to have a confirmation of receipt for security reasons, you must request this by providing the booking number. Without the booking number, your request cannot be processed.

If you do not provide a booking number when making a bank transfer, the accounting may not be able to assign the payment until much later or not at all.

Please note that the accounting may need up to 3 weeks to send you a confirmation of receipt of payment.

11. After registration:

After your registration you will receive a confirmation by e-mail within the following 14 to 20 days. This confirmation will contain all information such as how to get to the monastery, how to arrive by public transport, what to bring with you, clothes that can be purchased, etc.

After you have sent your registration, please give us 14-20 days to confirm your registration! Only **after** you have received a registration confirmation with a written payment instruction and **AFTER** we have received your payment (your bank or Paypal receipt is sufficient), your registration is officially confirmed and you can proceed with your personal travel arrangements.

If you arrive by train, you can be picked up on request at the station "*Lamptersmühle-Otterbach*" on the day of arrival at 1:00 p.m. This service costs 5,-- Euro per trip and **must be booked in advance - after receiving the confirmation of registration.** For organisational reasons, the station can only be reached once a day and only at the specified time.

Please also note that we can only pick you up at the station indicated and can only drive back to this station.





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12. Dharma lectures (Buddhist teaching talks in the monastery):

Dharma lectures are a way for many interested people to regularly inform themselves about the views and teachings of Buddhism in our time.

The lectures on the Buddhist teachings are always held in German language on Saturdays at 15.30 in the Buddha Hall of the monastery and last between 1 - 2.5 hours.

Donations of money, cake or fruits are warmly accepted.

Afterwards there is the possibility to ask questions regarding the lecture or other topics.

In addition, the time after the Dharma lectures is always a good opportunity for exchange within the Buddhist community and all those interested in Buddhism in the area around the monastery.

13. Private lessons:

In addition there is the possibility to book private training. This may be possible within a Monastery on Time or a Retreat, or completely independent of it. Private lessons are available both as live private lessons (face-to-face) as well as online private lessons.

Duration:

It is normally either a minimum of 2 hours per day, maximum of 3 hours per day possible in live private lessons or 1 hour in online private lessons.

One private lesson = 1 time hour.

Content:

The first private lesson is always to get to know each other and to clarify interests and possibilities.

The desired subject area (Buddhism, Qi Gong, Kung Fu, meditation, etc.) of the private lessons you can tell us before booking the private lessons.

Everything else will be discussed in the first private lesson with the respective teacher / master, because the teacher / master can only judge in personal contact, how the lessons can be tailored to the student. So we point out that the teacher / master (if appropriate, together with you) will coordinate a suitable curriculum and the associated teaching methods.

Contribution:

Both types of private lessons (60 minutes) cost 90,- Euro per person.

For each additional person, an additional fee of 55,-- Euro per hour will be applied.

Payment options:

The total amount is to be paid for live private lessons either by Paypal, by bank transfer or in cash on site. Amounts must be received or paid **prior** to the start of the lesson.

For online private lessons you are welcome to pay by bank transfer or by Paypal.

Recordings:

Recordings may not be made during either online private lessons or live private lessons. Not even for exclusively personal use.

Suggested Appointments:

If you are interested in private lessons, you may contact the monastery by email for suggested dates.



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Teacher / Trainer / Master:

There is no way to book a specific master, teacher or trainer. Many masters are at capacity with students and private students and are no longer accepting new students. Some other masters do not give private lessons. The masters/teachers/trainers will be selected depending on the topic desired, if they are willing to take the lessons.

14. Supporting membership

For the duration of your stay you become a member of the Buddhist Order of Shaolin e.V.. This membership ends automatically when your Monastery on Time / Retreat / Workshop / Seminar is over. You do not need to do anything further in this regard.

However, if you would like to continue supporting Shaolin Temple Europe, you have the option of a supporting membership. You can apply for this during your stay at the monastery.

Please talk to us directly during your stay and we will be happy to help you.

15. Closing words:

For further questions we are of course always at your disposal by e-mail.

For your information and anticipation we have attached current television reports about our monastery:

<http://www.shaolintemple.eu/index.php?page=kloster-auf-zeit>

<https://www.shaolintemple.eu/index.php?page=videobereich>

We would be happy to hear from you again and wish you all the best.

Amitabha

Your Sangha of the Shaolin Temple Europe



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Shaolin Temple Europe

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The most recommended form of contact is by e-mail. For registrations only the registration form on the homepage is possible (for each course a separate registration must be filled in).

Please note that we participate in the slow email movement, do not respond to emails ASAP (as soon as possible) and rarely in the morning. It can always take a few days before you receive a response.

We try to limit telephone inquiries due to the high volume of calls. Phone hours are Tuesdays and Thursdays from 11:00 am - 1:00 pm. However, due to the volume of calls, meetings, meditation times, ceremonies, etc., we may not be able to take the call personally. Furthermore, at the given times there is often a high volume of phone calls. In this case, an answering machine will answer.

We refer again to the email correspondence.

"The best prayer is patience." - The Buddha