



SHAOLIN TEMPLE  
EUROPE

### **Dates 2025**

#### ***Monastery on Time:***

During your stay at the temple, you will get to know the daily life of the Shaolin Temple Europe together with the community (the Sangha). This also means that there will be no special program. Experience the daily life in the temple unadulterated.

Please note that you must be NO OLDER than 25 years of age to participate in this offer.

#### ***Retreats:***

For a short-term retreat (3 days) or a week-long retreat (6 days), you have the opportunity to retreat and come to rest at Shaolin Temple Europe, to gain distance, to gain new experiences, to refresh forgotten ones and to take away inspiring impressions and experiences.

In contrast to Monastery on Time, you choose the subject area for a retreat, such as Kung Fu, Tai Ji, Qi Gong, Meditation etc., and dedicate yourself to learning or improving your skills in the respective areas during your stay.

We place great value on doing everything mindfully. This way, we can bring meditation into our daily lives, while eating, walking and working.



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### ***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>

### ***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:**  
**Shi Heng Yi Online – Introduction into Theory and Practice:**

<https://www.youtube.com/@ShaolinTempleEurope>  
<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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From / Date	What / Title	Days	Where	Price	Remarks
January 03, 2025	<a href="#">Zen &amp; Tea</a>	3	STE +	545,- Euro	
January 05, 2025	<a href="#">Workshop – Journey Into Thailand</a>	13	Mae Hong Son - Thailand	1600,- Euro	
January 10, 2025	<a href="#">Who Am I?</a>	3	STE *	360,- Euro	Accommodation / catering not included
January 20, 2025	Happy Buddhist Retreat – English	6	STE +	995,- Euro	
February 01, 2025	New Year's festival	1	STE	-	
February 07, 2025	<a href="#">Who Am I?</a>	3	STE *	360,- Euro	Accommodation / catering not included
February 10, 2025	<a href="#">Workshop – Fundamentals of Tai Ji Qi Gong</a>	5	Koh Phangan – Thailand *	495,- Euro	Accommodation / catering not included
February 10, 2025	Ba Duan Jin 1	6	STE +	995,- Euro	
February 17, 2025	Yi Jin Jing 1	6	STE +	995,- Euro	
February 17, 2025	<a href="#">Workshop – Tai Ji Qi Gong – A Transformation Journey</a>	12	Koh Phangan – Thailand *	900,- Euro	Accommodation / catering not included
<i>February 21, 2025</i>	<i><a href="#">Introduction to the Way of Tea</a></i>	<i>3</i>	<i>La Joneasse Haute – France</i>	<i>545,- Euro</i>	<i>FULLY BOOKED</i>
February 28, 2025	<a href="#">Who Am I?</a>	3	STE *	360,- Euro	Accommodation / catering not included
March 03, 2025	<a href="#">Introduction to Traditional Chinese Medicine</a>	3	STE +	545,- Euro	
<i>March 07, 2025</i>	<i><a href="#">Buddhist Psychology &amp; Meditation</a></i>	<i>3</i>	<i>STE +</i>	<i>545,- Euro</i>	<i>FULLY BOOKED</i>
March 14, 2025	<a href="#">Who Am I?</a>	3	STE *	360,- Euro	Accommodation / catering not included
<i>March 17, 2025</i>	<i><a href="#">Traditional Kung Fu 1</a></i>	<i>6</i>	<i>STE +</i>	<i>995,- Euro</i>	
March 28, 2025	<a href="#">Jiang Yu Shan</a>	3	STE +	695,- Euro	FULLY BOOKED
March 31, 2025	<a href="#">Jiang Yu Shan</a>	6	STE +	1495,- Euro	
April 11, 2025	Yan Shou Gong – Master Yap Boh Heong	3	STE +	545,- Euro	
April 1, 2025	5 Ancestors Kung Fu – Master Yap Boh Heong	5	STE +	995,- Euro	
<i>April 21, 2025</i>	<i><a href="#">Monastery on Time</a></i>	<i>6</i>	<i>STE</i>	<i>595,- Euro</i>	<i>FULLY BOOKED</i>



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<i>May 02, 2025</i>	<i><u>Fundamentals of Tai Ji Qi Gong</u></i>	<i>3</i>	<i>STE+</i>	<i>545,- Euro</i>	<i>FULLY BOOKED</i>
<i>May 05, 2025</i>	<i><u>The Art of Tai Ji 1</u></i>	<i>6</i>	<i>STE+</i>	<i>995,- Euro</i>	<i>FULLY BOOKED</i>
May 05, 2025	<u>Workshop – The Art of Tai Ji 2 &amp; 3</u>	6	STE *	795,- Euro	Accommodation / catering not included
May 11, 2025	<u>Workshop – Journey Into Oneself</u>	8	Cáceres – Spain	1000,- Euro	
May 12, 2025	<b>Xiao Hong Quan: Kung Fu Form Retreat</b>	6	STE *	360,- Euro	Accommodation / catering not included
<i>May 19, 2025</i>	<i><u>Traditional Kung Fu 1</u></i>	<i>6</i>	<i>STE+</i>	<i>995,- Euro</i>	<i>FULLY BOOKED</i>
May 31, 2025	Vesak festival	1	STE	-	
June 02, 2025	<b>Workshop</b> – The Shaolin Experience	6	STE *	360,- Euro	Accommodation / catering not included
June 06, 2025	Shaolin Combat	3	STE *	360,- Euro	Accommodation / catering not included
<i>June 09, 2025</i>	<i><u>Workshop – The Inner</u></i>	<i>5</i>	<i>Romania</i>	<i>695,- Euro</i>	
June 16, 2025	Shaolin Summer Camp	13	STE *	1990,- Euro	accommodation not included
June 23, 2025	<b>Workshop</b> – Into The City: Tai Ji Qi Gong: Level 4 & 5	5	Saarbrücken *	600,- Euro	Accommodation / catering not included Conditions: Tai Ji 1,2 u. 3
<i>July 04, 2025</i>	<i><u>Fundamentals of Tai Ji Qi Gong</u></i>	<i>3</i>	<i>STE+</i>	<i>545,- Euro</i>	<i>FULLY BOOKED</i>
<i>July 07, 2025</i>	<i><u>The Art of Tai Ji 1</u></i>	<i>6</i>	<i>STE+</i>	<i>995,- Euro</i>	<i>FULLY BOOKED</i>
July 07, 2025	<u>Workshop – The Art of Tai Ji 2 &amp; 3</u>	6	STE *	795,- Euro	Accommodation / catering not included
July 14, 2025	Nan Quan	6	STE +	995,- Euro	
July 14, 2025	Ba Duan Jin 1 - Workshop	6	STE *	795,- Euro	Accommodation / catering not included
July 16, 2025	Monastery on Time China Edition	14		85.-€ / Night	7 days, or up to 14 days bookable
<i>July 24, 2025</i>	<i><u>Into Nature Rebalanced Camp</u></i>	<i>4</i>	<i>STE+</i>	<i>700,- Euro</i>	<i>FULLY BOOKED</i>
<i>July 28, 2025</i>	<i><u>Shaolin Bootcamp</u></i>	<i>6</i>	<i>STE</i>	<i>995,- Euro</i>	
August 04, 2025	<u>Internal Power Workshop</u>	5	STE*	650,- Euro	Accommodation / catering not included
August 08, 2025	Wu De – Virtues of Life Camp	3	STE +	545,- Euro	Your own camping equipment (tent, etc.) is required.
<i>August 11, 2025</i>	<i><u>Shaolin Combat</u></i>	<i>6</i>	<i>STE+</i>	<i>995,- Euro</i>	<i>FULLY BOOKED</i>



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<i>August 18, 2025</i>	<i>Yi Jin Jing 1</i>	6	<i>STE+</i>	<i>995,-Euro</i>	FULLY BOOKED
August 25, 2025	<b>Workshop</b> – Yi Jin Jing 2	6	STE*	795,- Euro	Accommodation / catering not included
August 30, 2025	Ullambana festival	1	STE	-	
September 01, 2025	<b>Workshop</b> – The Shaolin Experience	6	STE *	360,- Euro	Accommodation / catering not included
<i>September 08, 2025</i>	<i>Ba Duan Jin 1</i>	6	<i>STE+</i>	<i>995,-Euro</i>	FULLY BOOKED
<b>September 08, 2025</b>	<a href="#">Shu Jing Gong – The Art of Buddhist Qi Gong   Join Grandmaster Jiang Yu Shan</a>	6	STE *	995,- Euro	Accommodation / catering not included
September 15, 2025	<b>Workshop</b> – Ba Duan Jin 2	6	STE *	795,- Euro	Accommodation / catering not included
September 19, 2025	Combat Introduction	3	STE +	545,- Euro	
September 22, 2025	<a href="#">The Art of Tai Ji 2 &amp; 3</a>	6	STE +	995,- Euro	
September 22, 2025	<b>Workshop</b> – The Art of Tai Ji 4 & 5	6	STE *	795,- Euro	Accommodation / catering not included Conditions: Tai Ji 1,2 u. 3
<i>September 28, 2025</i>	<i><del>Workshop – Journey Into Oneself</del></i>	8	<i>Cáceres – Spain</i>	<i>1000,-Euro</i>	FULLY BOOKED
<i>October 03, 2025</i>	<i><del>Defend, Protect, Thrive</del></i>	3	<i>STE+</i>	<i>545,-Euro</i>	FULLY BOOKED
<i>October 10, 2025</i>	<i><del>Master Yap Boh Heong</del></i>	3	<i>STE+</i>	<i>545,-Euro</i>	FULLY BOOKED
October 13, 2025	Master Yap Boh Heong	6	STE +	995,- Euro	
October 13, 2025	<b>Workshop</b> – Into The City: Tai Ji Qi Gong: Level 4 & 5	5	Saarbrücken *	600,- Euro	accommodation / catering not included Conditions: Tai Ji 1,2 u. 3
October 20, 2025	13 Luohan	6	STE *	795,- Euro	Accommodation / catering not included
October 24, 2025	Introduction to Buddhism	3	STE	545,- Euro	<b>in german only !!</b>
October 27, 2025	<b>Workshop</b> – Yi Jin Jing 2	6	STE *	795,- Euro	Accommodation / catering not included
November 03, 2025	<a href="#">Introduction to Traditional Chinese Medicine</a>	3	STE +	545,- Euro	
<i>November 07, 2025</i>	<i><del>Introduction to Meditation</del></i>	3	<i>STE</i>	<i>545,-Euro</i>	FULLY BOOKED
<i>November 10, 2025</i>	<i><del>Monastery on Time</del></i>	6	<i>STE</i>	<i>595,-Euro</i>	<i>Maximum age: 25 years</i>
<i>November 17, 2025</i>	<i><del>Chan Yuan Gong</del></i>	6	<i>STE+</i>	<i>995,-Euro</i>	FULLY BOOKED
<i>November 24, 2025</i>	<i><del>Happy Buddhist Retreat – German</del></i>	6	<i>STE+</i>	<i>995,-Euro</i>	FULLY BOOKED



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<b>December 05, 2025</b>	<b>Introduction to Meditation</b>	<b>3</b>	<b>STE</b>	<b>545,- Euro</b>	
December 12, 2025	<a href="#">Zen &amp; Tea</a>	3	STE +	545,- Euro	



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### **General information about Monastery on Time, a retreat or a workshop:**

The workshops, retreats and monastery on time programs are taught in both German and English. However, you are welcome to request a translation at any time if the event is only held in one language. However, we cannot guarantee a translation of the event into the respective language.

Accommodation at Shaolin Temple Europe or in the associated guest house in Otterberg is generally in shared rooms and separated by gender. Regarding our offers, there is no gender prioritization.

The times for arrival and departure are listed in your booking confirmation.

In principle, there is no freedom of choice on the part of the participants regarding the question of who will lead the retreats and workshops. We have several masters, teachers and trainers who often lead or conduct training together or in rotation.

Please also understand that we cannot answer any questions about which trainer will lead the training.

We would like to point out that during your stay at Shaolin Temple Europe you will be in a Buddhist temple where Buddhist ceremonies take place, in which you are also welcome to participate.

We expect our guests to behave appropriately in the temple's surroundings, as is customary in comparable religious places, such as a church, a synagogue, a mosque, etc., in accordance with the customs and traditions.

This will be explained to you during your stay.





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### **Additional option to participate in our retreats:**

In the case that all our options for accommodation within the temple are exhausted, we would still like to offer you the opportunity to participate in a retreat by organizing an alternative accommodation yourself (equivalent to STE+).

This can be a hotel or a holiday apartment, for example.

You will experience the booked retreat to the full, only your overnight stay will be outside of Shaolin Temple Europe.

Accommodation is not included in the retreat price.

What makes a retreat different from a workshop?

The primary focus of a workshop is to convey the workshop content.

Like retreats, they are designed to last several days, but accommodation and meals are not part of the event (STE\*).

Here, too, personal initiative is required.

In a retreat, the retreat environment, such as Shaolin Temple Europe, is part of the booked arrangement.

Please also note the information in the “Remarks” column of the schedule overview.

If you require an overnight stay outside of Shaolin Temple Europe, please indicate this in the comments field of the registration form.

Please also note that we currently do not offer a transfer service from the local train station to the Temple.



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### **Example of a daily routine:**

We have included an example of a daily routine for Monastery on Time:

Meditation / morning training  
Breakfast  
Training  
Working hours at the monastery  
Lunch  
Training  
Working hours at the monastery  
Dinner  
Theory class (Buddhism/Taoism/Confucianism) or training  
Evening ceremony  
Noble Silence (Noble night's sleep)  
End of the day

You will be informed about the daily schedule of the retreats and workshops on site.

We will not be able to answer any questions about the specific procedures of certain retreats and workshops in advance.

The daily schedule also depends on the responsible master or teacher and the respective group of participants.

Thank you for your understanding.



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### **Contact details:**

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Shaolin Temple Europe  
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67697 Otterberg

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[info@slte.eu](mailto:info@slte.eu)

[www.shaolintemple.eu](http://www.shaolintemple.eu)  
[www.slte.eu](http://www.slte.eu)

We recommend contacting us by email for inquiries.

Only the registration form, which you can access via the link within this PDF, may be used to register (currently, a separate registration form must be completed for each course).

Due to the high demand, we are currently unable to respond to telephone inquiries.