



SHAOLIN TEMPLE
EUROPE

EN

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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STE = Accommodation at Shaolin Temple Europe
STE+ = Accommodation at Shaolin Temple Europe or own
accommodation outside the temple (to be booked by yourself)
STE* = Own accommodation outside the temple (to be booked by yourself)

December 05, 2025	Introduction to Meditation	3	STE	545,- Euro	
December 12, 2025	Zen & Tea	3	STE +	545,- Euro	



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Contact details:

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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.