



SHAOLIN TEMPLE
EUROPE

EN

Dates 2026

TCM:

The TCM Events are part of a TCM educational program offered at Shaolin Temple Europe over a period of approximately three years, divided into 16 modules.

The various events are designed to be progressive in terms of subject matter, but they are also an excellent way to get an idea of the program and an insight into the subject of TCM.

This means that you can book these events independently of each other, but should bear in mind that their content builds on each other. So feel free to come and have a look and decide whether we have sparked your interest in the education program, or simply take away your first impressions of the diverse fields of Traditional Chinese Medicine (TCM).

Welcome to Shaolin Boot Camp:

This year, we are offering a total of 12 Shaolin Boot Camp workshops, divided into 2 groups of 6 theme-based workshops each.

Train directly under Master Shi Heng Zheng.

It is a discipline camp designed to:

- Overcome your limits
- Sharpen your body and mind
- Awaken the Shaolin warrior within you

You will be tested physically, mentally, and spiritually.

“The way of Shaolin is the way of overcoming weakness—in the body, in the mind, in the soul.”

This camp is an inner and outer journey:

- Open your organs
- Train your body
- Train your soul

Through traditional Shaolin exercises, you will cultivate energy, structure, and clarity.

When you book a boot camp bundle consisting of 3 Shaolin boot camp workshops, you will receive a 20% discount. It is also possible to book the entire boot camp program. Please contact us by email if you would like to do so.



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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 TEMPLE:

"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 Theory and 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>

R = RETREAT Accommodation at the Shaolin Temple Europe

W = WORKSHOP Own accommodation outside the temple
(to be booked by yourself)

Please also note the comments in „Remarks“



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From / Date	What / Titel	Days	Where	Price in €	info		Remarks
January 9	Qi Gong & Meditations Retreat	3	Shaolin Temple Europe	545,-		R	
January 12	Ba Duan Jin Level 1 Retreat	6	Shaolin Temple Europe	995,-	info	R	
January 19	Ba Duan Jin Level 2 Retreat	6	Shaolin Temple Europe	995,-		R	
January 30	Qi Gong & Meditation Retreat	3	Shaolin Temple Europe	545,-		R	
February 9	Yi Jin Jing Level 1 Retreat	6	Shaolin Temple Europe	995,-	info	R	
February 16	Yi Jin Jing Level 2 Retreat	6	Shaolin Temple Europe	995,-		R	
March 2	Happy Buddha Workshop with Randall	6	Shaolin Temple Europe	795,-	info	W	In English
			Shaolin Temple Europe		info	W	
March 9	13 Luohan Level 1	6	Shaolin Temple Europe	995,-	info	R	
March 16	Kung Fu Tiger Form with Julian Jacobi	6	Shaolin Temple Europe	795,-		W	
March 17	Traditionelle Chinesische Medizin	3	Shaolin Temple Europe	460,-	info	R	In English and German
March 20	Zen & Tea	3	Shaolin Temple Europe	545,-		R	
March 23	Mettā-Vpassanā-Meditation with Shi Miao Dao	6	Shaolin Temple Europe	995,-	info	R	In German
March 23	Traditional Gong Fu 1	6	Shaolin Temple Europe	795,-	info	W	
March 30	Temple Experience (reporters week)	6	Shaolin Temple Europe	595,-	info	R	During this week, there will also be reporters at the Temple! No age restriction!
April 3	Know Thyself – Deep Dive into Self-Realization with Yuval Fluke	3	Shaolin Temple Europe	545,-	info	R	In English
April 6	Know Thyself – Deep Dive into Self-Realization with Yuval Fluke	6	Shaolin Temple Europe	995,-	info	R	In English
April 6	Yi Jin Jing Level 2	6	Shaolin Temple Europe	795,-		W	
April 13	Yi Jin Jing Level 3	6	Shaolin Temple Europe	995,-		R	
April 17	Yan Shou Gong with Master Yap Boh Heong	3	Shaolin Temple Europe	595,-	info	W	
April 20	Shaolin Bootcamp with Master Heng Zheng Focus topic Yin Shou Gun 阴手棍	6	Shaolin Temple Europe	795,-	info	W	



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From / Date	What / Titel	Days	Where	Price in €	info		Remarks
April 20	5 Ancestors with Master Yap Boh Heong	5	Shaolin Temple Europe	995,-	info	W	
April 27	Shaolin Bootcamp with Master Heng Zheng Focus topic Wu Bu Quan 五步拳	6	Shaolin Temple Europe	795,-	info	W	
April 30	Rebalance Retreat with JIO	4	Shaolin Temple Europe	645,-	info	R	
May 4	Shaolin Bootcamp with Master Heng Zheng Focus topic Lianhuan Quan 连环拳	6	Shaolin Temple Europe	795,-	info	W	
May 4	8 Luohan Level 1	5	Shaolin Temple Europe	795,-	info	R	
May 11	Shaolin Bootcamp with Master Heng Zheng Focus topic Xiao Hong Quan 小洪拳	6	Shaolin Temple Europe	795,-	info	W	
May 14	Rebalance Retreat with JIO	4	Shaolin Temple Europe	645,-	info	R	
May 18	Shaolin Bootcamp with Master Heng Zheng Focus topic Jiti Quan 集体拳	6	Shaolin Temple Europe	795,-	info	W	
May 22	Qi Gon Heart Sutra an Calligraphy with Zen Master Ziyun Ho	3	Shaolin Temple Europe	495,-	info	W	
May 25	Qi Gon Heart Sutra an Calligraphy with Zen Master Ziyun Ho	6	Shaolin Temple Europe	795,-	info	W	
May 30	Vesak Festival		Shaolin Temple Europe	-			We are very happy to receive donations of cakes, fruit, and flowers.
June 1	The Shaolin Experience with Teachers and Masters	6	Shaolin Temple Europe	360,-		W	
June 8	Ba Duan Jin Level 1	6	Shaolin Temple Europe	995,-	info	R	
June 8	Shaolin Bootcamp with Master Heng Zheng Focus topic Nanquan 南拳	6	Shaolin Temple Europe	795,-	info	W	
June 15	Ba Duan Jin Level 2	6	Shaolin Temple Europe	995,-		R	
June 16	Traditional Chinese Medicine	3	Shaolin Temple Europe	360,-	info	W	
June 22	Summertime with Shifu Yan Lei and Master Heng Zhang	11	Shaolin Temple Europe	1690,-		W	catering included
July 3	Masterclass with Tulko Lobsang, Shi Heng Yi, Zuan Shifu	3	Shaolin Temple Europe	600,-		W	



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From / Date	What / Titel	Days	Where	Price in €	info		Remarks
July 10	Introduction to Traditional Chinese Medicine - ENGLISCH	3	Shaolin Temple Europe	445,-	info	W	In English
July 13	Temple Experience	6	Shaolin Temple Europe	595,-	info	R	Maximum age 25
July 13	Shaolin Bootcamp with Master Heng Zheng Focus topic Wu Bu Quan 五步拳	6	Shaolin Temple Europe	795,-	info	W	
July 20	Shaolin Bootcamp with Master Heng Zheng Focus topic Lianhuan Quan 连环拳	6	Shaolin Temple Europe	795,-	info	W	
July 23	Rebalance Retreat with JIO	4	Shaolin Temple Europe	645,-	info	R	
July 27	Ba Duan Jin Level 3	6	Shaolin Temple Europe	995,-		R	
July 27	Shaolin Bootcamp with Master Heng Zheng Focus topic Xiao Hong Quan 小洪拳	6	Shaolin Temple Europe	795,-	info	W	
August 3	Internal Kung Fu with Shifu Martin	6	Shaolin Temple Europe	795,-	info	W	
August 3	Yin Shou Gun Shaolin Staff	6	Shaolin Temple Europe	995,-	info	R	
August 10	Shaolin Bootcamp with Master Heng Zheng Focus topic Jiti Quan 集体拳	6	Shaolin Temple Europe	795,-	info	W	
August 14	Shaolin Internal Kung Fu: Gulun Kung Fu with Master Wu Nanfang	3	Shaolin Temple Europe	545,-		R	
August 17	Shaolin Internal Kung Fu: Gulun Kung Fu with Master Wu Nanfang	6	Shaolin Temple Europe	995,-		R	
August 17	Shaolin Bootcamp with Master Heng Zheng Focus topic Yin Shou Gun 阴手棍	6	Shaolin Temple Europe	795,-	info	W	
August 24	Shaolin Bootcamp with Master Heng Zheng Focus topic Nanquan 南拳	6	Shaolin Temple Europe	795,-	info	W	
August 29	Ulambana Festival			-			We are very happy to receive donations of cakes, fruit, and flowers.
August 31	The Shaolin Experience with Teachers and Masters	6	Shaolin Temple Europe	360,-		W	
September 7	Traditional Gong Fu Level 1	6	Shaolin Temple Europe	995,-	info	R	
September 7	Yi Jin Jing Level 1	6	Shaolin Temple Europe	795,-	info	W	
September 14	Internal Power Retreat with Shifu Martin	6	Shaolin Temple Europe	995,-	info	R	



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From / Date	What / Titel	Days	Where	Price in €	info		Remarks
September 15	Traditional Chinese Medicine	3	Shaolin Temple Europe	360,-	info	W	
September 18	Introduction to Traditional Chinese Medicine	3	Shaolin Temple Europe	445,-	info	W	In English and German
September 21	Kung Fu Drunken Fist Form with Julian Jakobi	6	Shaolin Temple Europe	995,-		R	
September 25	Tsa Lung with Tulko Lobsang	3	Shaolin Temple Europe	595,-		W	
October 2	Yan Shou Gong with Master Yap Boh Heong	3	Shaolin Temple Europe	595,-	info	W	
October 5	5 Ancestors with Master Yap Boh Heong	5	Shaolin Temple Europe	995,-	info	W	
October 5	Yi Jin Jing Level 1	6	Shaolin Temple Europe	995,-	info	R	
October 16	Introduction to Shaolin Gong Fu	3	Shaolin Temple Europe	545,-		R	
October 19	Temple Experience	6	Shaolin Temple Europe	595,-	info	R	Maximum age 25
October 19	Yi Jin Jing Level 2	6	Shaolin Temple Europe	795,-		W	
October 26	Mettā-Vipassanā-Meditation with Shi Miao Dao	6	Shaolin Temple Europe	995,-	info	R	In English
October 26	Yi Jin Jing Level 4	6	Shaolin Temple Europe	795,-		W	
November 2	Traditional Gong Fu Level 1	6	Shaolin Temple Europe	995,-	info	R	
November 5	Tui Shou & Meditation with Shifu Jürgen and Zuan Shifu	3	Shaolin Temple Europe	795,-	info	W	
November 9	Traditional Gong Fu Level 2	6	Shaolin Temple Europe	995,-	info	R	
November 9	13 Luohan Level 1	6	Shaolin Temple Europe	795,-	info	W	
November 16	13 Luohan Level 2	6	Shaolin Temple Europe	795,-		W	
			Shaolin Temple Europe			R	
November 23	Ba Duan Jin Level 1	6	Shaolin Temple Europe	795,-	info	W	
November 30	Chan Yuan Gong Level 1	6	Shaolin Temple Europe	795,-	info	W	
Dezember 7	Happy Buddha Workshop with Randall	6	Shaolin Temple Europe	795,-	info	W	In German
Dezember 14	Neigong and Meditation Retreat with Shifu Martin	6	Shaolin Temple Europe	795,-	info	W	
Dezember 15	Tradition Chinese Medicine	3	Shaolin Temple Europe	360,-	info	W	



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General information about Temple Experience, a retreat, or a workshop:

The workshops, retreats, and temple experiences are taught in both German and English.

Accommodation at Shaolin Temple Europe or in the associated guest house in Otterberg is generally in shared rooms and separated by gender. There is no gender prioritization with regard to our offers.

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

We have several masters, teachers, and trainers who often lead or conduct training sessions together or alternately.

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

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

We will be happy to explain this to you during your stay.



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Additional option regarding participation in our retreats:

In the event that all our accommodation options within the temple are exhausted, we would still like to offer you the opportunity to participate in a retreat by organizing alternative accommodation yourself.

This could be a hotel or a vacation apartment, for example.

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

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

What distinguishes a retreat from a workshop?

In the case of a workshop, accommodation and catering are not part of the event.

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

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

Please also note that we do not currently 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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www.shaolintemple.eu
www.slte.eu

Inquiries can only be made by email.

To register, please use the registration form, which you can access via the link in this PDF (a separate registration form must currently be completed for each course).