



SHAOLIN TEMPLE  
EUROPE

## Qi Gong, Heart Sutra and Calligraphy with Zen Master Ziyun Ho

### About Master Ziyun Ho (贺子云)

Zen Master Ziyun Ho (贺子云), Dharma name Shi Yanlong (释延隆), was born in Lianyungang, Jiangsu Province, China. After travelling to over forty countries and regions, Ziyun secluded himself for eighteen years on Mount Song (Songshan) to meditate, attain enlightenment, and study Zen philosophy, Qigong, calligraphy, and painting.

He became a disciple of Shi Yongxin, the former abbot of Shaolin Temple in Mount Song, China, receiving the Dharma name Shi Yanlong. He is recognized as a 34th generation Shaolin Chan (Zen) and martial arts successor, and holds a 7th Dan in Chinese martial arts.

Master Ziyun has been invited to teach across multiple countries, spreading the wisdom of Chan Buddhism to over sixty thousand students worldwide. In 2014, he founded the Songshan Art Studio (嵩山画驿). His artworks have been featured in national tours including "Shifang Mountain Wind" (十方山风全国巡展) and exhibitions at the Today Art Museum (今日美术馆), as well as publications such as the Mountain Wind art book (山风画册), Dunhuang Art (敦煌美术), and Oriental Art · Master (东方艺术·大家).

From 2016 to present, he has held solo exhibitions and published collections of calligraphy and paintings in Russia (Dimitrovgrad Art Museum), the United Kingdom (London), Italy (Milan), Spain (Madrid), Argentina, and throughout China.

### Film & Media:

- 2006: Discovery Channel documentary "Fight Quest" (aired on CCTV Channel 10)
- 2018: Documentary "Belong to the Mountain" (山兽)
- 2019: Documentary "Kung Fu Boy" (Excellence Award at 2020 "My China Story" International Short Video Competition)
- 2024: Best Long Video Award at United Nations Chinese Language Day & The Third Chinese Language Video Festival

## **Current Roles:**

- Head of Songshan International Zen Meditation Retreat Center
- Headmaster of Songshan Cloud & Water Academy
- Traditional Chinese Culture Consultant at Kunlun Fight World Combat Sports Center
- Chief Zen Mentor at Bank of China

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## **RETREAT CURRICULUM**

### **1. Heart Sutra Study**

Through illustrated teachings, we explore the history and contents of the Heart Sutra to understand its essential wisdom. This is an important gateway to connect with heart-mind energy, supporting mental health and restoring mindful awareness.

### **2. Calligraphy Practice**

Discover the history and culture of Chinese calligraphy. Through hand-writing practice, become aware of your Qi energy and feel your subconscious mind. Reconnect with the unity of internal and external Qi energy.

### **3. Qigong Cultivation**

First, understand your body: the 12 meridians, acupuncture points, four Dantian centers. Learn to restore breathing awareness through specific movements. Cultivate positive Yang Qi energy and balance Yin Qi. Study Taoist philosophy including Yin & Yang theory, the five elements, and the deeper meanings of life.