

CHINA - A JOURNEY WITHIN

KUNG FU ZEN HEALING RETREAT

11 Days of Balance & Renewal

功夫禅文化之旅

DISCOVER ANCIENT CHINESE WISDOM AND THE HEALING ART OF KUNG FU

Kung Fu is much more than combat and self-defense—it is a profound practice for energy cultivation, wellness, and prevention of illness. Through both internal (e.g. Qigong, Tai Chi, Meditation) and external practices, you'll unlock its true essence.





JOIN US IF YOU SEEK:

- A deep connection with China's rich cultural heritage
- A transformative exploration of Kung Fu's meaning and its potential in your life
- An opportunity to be diagnosed and treated by experienced TCM doctors
- A deeper understanding of healthy living

RETREAT PROGRAM HIGHLIGHTS

- **Traditional Kung Fu Healing Arts** – Revitalize your health through TCM (Traditional Chinese Medicine) and ancient energy cultivation techniques.
- **Qigong & Tai Chi – The Art of Flow -** Cultivate Qi, improve body awareness, and develop strength, flexibility, and inner harmony through gentle, flowing movements and mindful breathing.
- **Wisdom of the Three Teachings** – Explore the timeless wisdom of Confucianism, Buddhism, and Taoism. Discover new perspectives on life, harmony, self-cultivation, and the connection between humanity and nature.
- **Insight Calligraphy (Shufa)** – Harmonize body, mind, and Qi through meditative brush-artwork.
- **Zen Mindfulness Meditation** – Restore energy and inner stillness with guided practice.
- **Holistic Nutrition & Nourishing Cuisine -** Nourish your body with wholesome, balanced meals inspired by Chinese food traditions. Complement your daily practice with mindful eating and a thoughtfully planned diet designed to support your retreat experience.
- **A Journey of Balance & Renewal -** Step away from everyday distractions and reconnect with yourself. Integrate movement, meditation, philosophy, culture, and mindful living into a meaningful journey of personal discovery.

KUNGFUZEN

RETREAT DATES & PRICES

10 – 20 May 2027

Single room € 2,990 ⋮ Double room € 2,590 per person

INCLUDED IN THE RETREAT FEE

- Accommodation
- Three meals a day
- All entrance fees for the day trips
- Transfer between Zhengzhou Airport and the retreat hotel – both directions

NOT INCLUDED IN THE RETREAT FEE: Flights to China – every guest arranges their own flight and arrival.

🎁 A GIFT FOR EVERY PARTICIPANT 🎁
Traditional Chinese Qigong suit + Kung Fu Zen T-shirt
Included in your retreat – our gift to you.

ITINERARY

DAY 1

- Meeting at Zhengzhou Airport
- Bus transfer to Shaolin (1.5 hours)
- Resort check-in
  Welcome dinner with opening ceremony
  Introduction to meditation



DAY 2

SHAOLIN

Shaolin Temple
Cable car ride into the Songshan Mountains
Live mountain performance "Shaolin Zen Music Ritual" in the evening



DAY 3

Full Day Kung Fu Zen 1



DAY 4

Full Day Kung Fu Zen 2



DAY 5

- Full Day Kung Fu Zen 3
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DAY 6

Songyang Academy
Fawang Temple
Tea Ceremony

DAY 7

Full Day Kung Fu Zen 1

DAY 8

Full Day Kung Fu Zen 2

DAY 9

- Full Day Kung Fu Zen 3

DAY 10

- Zhongyue Temple
  Shopping

DAY 11

Transfer to Zhengzhou Airport
and return to your cosy home

Full Day Kung Fu Zen 1:
Early Morning: Shaolin Zhoutian Qigong
Morning: Tai Chi
Afternoon: Classics & Calligraphy
Evening: Meditation

Full Day Kung Fu Zen 2:
Early Morning: Shaolin Zhoutian Qigong
Morning: Tai Chi
Afternoon: Classics & Zen Tea Ceremony
Evening: Meditation

Full Day Kung Fu Zen 3:
Early Morning: Shaolin Zhoutian Qigong
Morning: Tai Chi
Afternoon: Qigong
Evening: Meditation

For detailed retreat programs, please inquire.

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