



K U N G F U Z E N

Kung Fu Zen Garden Retreat Beijing



功夫与禅七日闭关 (10月1日-7日)

Kung Fu & Zen 7 Day Retreat (1st-7th Oct .2016)

Traditional Kung Fu / Ancient Chinese Philosophy / Insight Calligraphy / Zen Meditation

传统功夫 / 古代哲学 / 内观书法 / 禅坐冥想

As we all know, taking care of our bodies is essential; and caring for our mental well-being is even more important in a modern world, with its trials, temptations and stress. However, many of us ignore looking after our hearts and minds. As a matter of fact, the long lineage of Shaolin masters was aware

of the importance of both body and mind, that is why they brought up the philosophy of “**Chan Wu**” which means **Kung Fu & Zen**.

我们都知道，我们应该照顾我们的身体，但是，我们大多数人却忽略了照顾我们的心灵。事实上，少林历代的大师意识到这两者的重要性，因此他们提出了“禅武”的理念，也就是功夫与禅。



In our “kung fu & Zen” retreat program we place great emphasis on balance in life, health and mental strength. Health revitalization is so important in the day-to-day battle to counter the harmful effects of modern day stress. Our past retreats have shown that the exercises in our program are very helpful for those suffering from problems with their back, neck and shoulders that resulted from long hours in the office.

在我们的“功夫与禅”闭关课程中，我们非常注重生活、健康和精神力量的平衡。在现代生活中我们每天必需面对来自各方面的压力及负面能量，在这种环境下，我们对身心的修养变得尤为重要。由我们过去闭关活动的经验显示：我们的课程对于那些由于长期在办公室工作而导致的背、肩、颈部的问题能够有效的治愈和改善。



The academy has designed a series of exercises for health preservation and seminars to illuminate the ancient Chinese philosophy. Master Paul Wang and Master Xingxi's program uniquely expresses the essence of "Chan Wu" with a focus on healing, based on their deep understanding of Zen Buddhism and many years of meditation practice and dedicated study of traditional kung fu.

因此，功夫禅团队设计了一系列的养生功法课程及国学经典讲座以阐明中国古老的哲学智慧。王子端老师和行曦师父基于对佛教禅宗及少林传统功法练习多年的深刻理解，将在这一闭关课程中以一种新颖独特的方式传达“禅武”的深

层理念，并帮助大家学习自我疗愈和修复。



第一天

报到及欢迎晚宴

活动安排及介绍

禅修前行 1：安顿身心

Day 1 Arrival, Meet and Greet at a tea ceremony
Welcoming dinner
Orientation and introduction to the program
Pre-meditation 1: settle down body, breathing and mind

第二天

意识引导呼吸
少林内养功和桩法1
儒家经典开示 -- “大学”
基本步法1
内观书法1-甲骨文：“牧心”
禅修前行 2：建立正念

Day 2 Guided breathing exercises
Shaolin Internal cultivation & Stance 1
Confucianism seminar – ‘Da Xue’
Basic Step Work 1
Insight calligraphy 1: “牧心”
Pre-meditation 2: set up awareness

第三天

意识引导呼吸
少林内养功和桩法2
儒家经典开示-- “中庸”
基本步法2
内观书法2-了解运用中气和通心书写：“和气”
内观禅修与健康生活

Day 3 Guided breathing exercises
Shaolin Internal cultivation & Stance 2
Daoism Seminar 1 – ‘Zhong Yong’

Basic Step work 2

Insight calligraphy 2 “和气”

Vipassana meditation & wholesome living

第四天

意识引导呼吸和内养功

步法及身法训练1

道家经典开示- “老子”

远足居庸关长城练功

内观禅修-学会在噪音中保持平静

Day 4 Guided breathing exercises & Internal cultivation

Step work with body movements 1

Daoism seminar 2 – ‘Lao Zi’

Excursion: Great Wall Kung Fu Training

Vipassana meditation & staying calm with noise

第五天

意识引导呼吸和内养功

步法及身法2

道家经典开示— “庄子”

内观书法3-简隶 “直心”

对抗训练 1

禅坐与禅宗公案，参话头

Day5 Integration of breathing and internal cultivation

Step work with body movements 2

Daoism seminar 3 – ‘Zhuang Zi’

Insight calligraphy 3 “直心”

Applications in actual combat 1

Zen meditation & Koan (Zen case study)

第六天

吐纳导引及内养法相结合的桩功练习
如何使用内劲
对抗实战训练2
内观书法 5-草书 “当下”
禅修总结

Day 6 Integration of breathing and cultivation within stance
How to generate internal strength
Seminar on Chinese traditional health care
Applications in actual combat 2
Insight calligraphy 5“当下”
Summary for meditation

第七天

吐纳导引及内养法相结合的桩功练习
总结所学及送别

Day 7 Integration of breathing & cultivation within stance
Closing ceremony and farewell

价格：6900 元/人 (限 14 人))

Price: 6,900 RMB/person . 986 Euro/person (Limited to 14 participants)

费用包括：

1. 免费接送
2. 住宿（两人间，花园式四合院）
3. 传统功夫训练课程
4. 国学，书法及禅修课程
5. 所有课程相关设备的使用
6. 定制的传统练功服一套
7. 每日三餐有机素食
8. 出游交通及门票

The fees include:

1. Free pick up and drop off
2. Accommodation (2person shared room within in the kung fu zen garden retreat)
3. Training by Kung Fu masters
4. All seminars,calligraphy class and meditation
5. Use of training & meditation equipment
6. Tailored traditional training suit
7. Meals (3 vegetarian meals per day)
8. Transportation & ticket for Excursion

费用不包括:

- 1, 来中国的行程费用
- 2, 签证费用
- 3, 旅行及医疗保险

The fees does not include:

1. The transportation arrangement to China.
2. Visa application fees
3. Travel and medical insurance

Kung Fu Zen Garden Retreat

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Add: Xiangtang cultural village, Changping, Beijing.

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Travel Tips: Take the subway Line Changping to Nanshao station, Exit B2, Then transfer with a taxi (10 mins) or bus(No.59/870) to Xiangtang cultural village(20mins).



