



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
- Breathtaking landscapes and vibrant cities
- An authentic experience in the heart of China



RETREAT PROGRAM HIGHLIGHTS



Traditional Kung Fu Healing Arts – Revitalize your health through ancient energy cultivation techniques.



Wisdom of the Three Teachings – Explore classical philosophies from Confucianism, Buddhism, and Taoism.



Insight Calligraphy (Shufa) – Harmonize body, mind, and Qi through meditative brushwork.



Zen Mindfulness Meditation – Restore energy and inner stillness with guided practice.



KUNG FU ZEN

ITINERARY

DAY 1

SHAOLIN

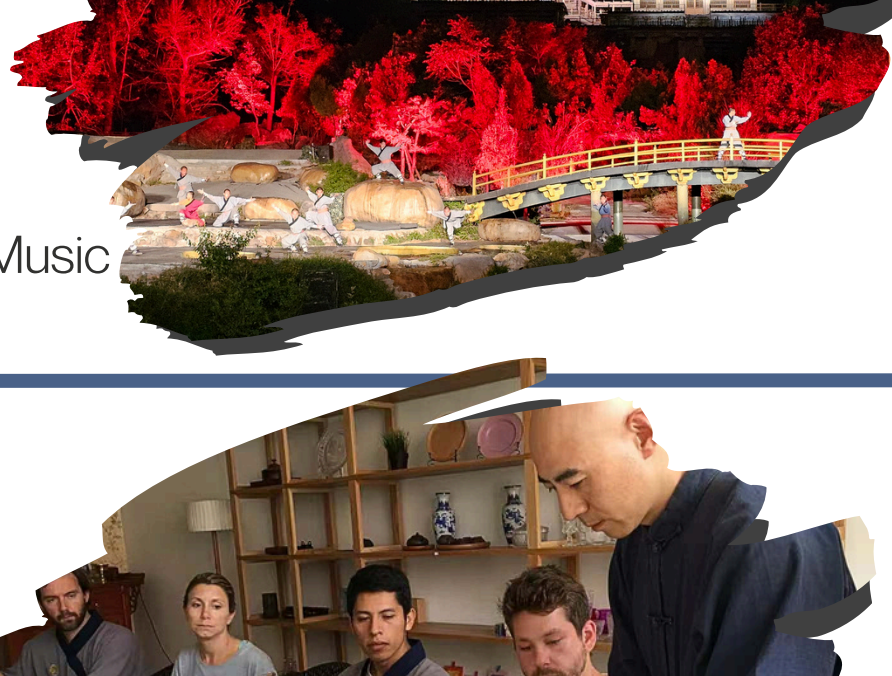
- Meeting at Zhengzhou Airport
- Bus transfer to Shaolin (1,5 hrs)
- Resort check-in
- Welcome dinner with opening ceremony
- Pre-meditation



DAY 2

SHAOLIN

- Shaolin Temple
- Cable car to deep mountain of Songshan
- Live mountain performance "Shaolin Zen Music Ritual" in the evening



DAY 3

SHAOLIN

- Full day Kung Fu Zen Course¹



DAY 4

SHAOLIN

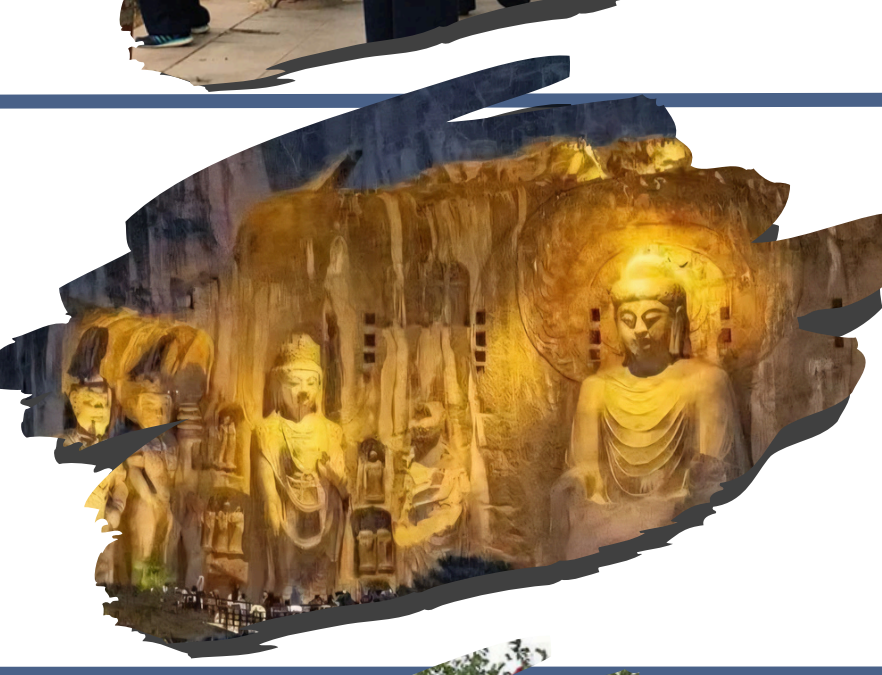
- Full day Kung Fu Zen Course¹



DAY 5

SHAOLIN

- Full day Kung Fu Zen Course¹



DAY 6

LUOYANG

- Longmen Grottoes
- White Horse Temple
- Dinner beside the ancient city wall



DAY 7

SHAOLIN

- Full day Kung Fu Zen Course¹



DAY 8

SHAOLIN

- Full day Kung Fu Zen Course¹



DAY 9

SHAOLIN

- Full day Kung Fu Zen Course¹



DAY 10

XI'AN

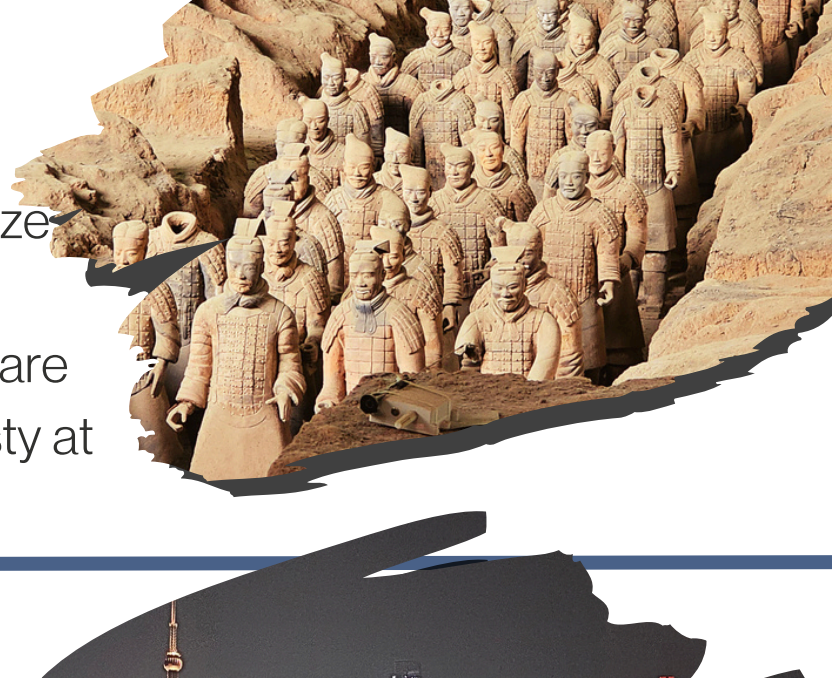
- High - speed train to Xi'an (1:18 hrs)
- Ancient city wall
- Yongxingfang cuisine for lunch
- Wild Goose Pagoda Music Fountain Square
- Tang Dynasty Ever - Night City



DAY 11

XI'AN

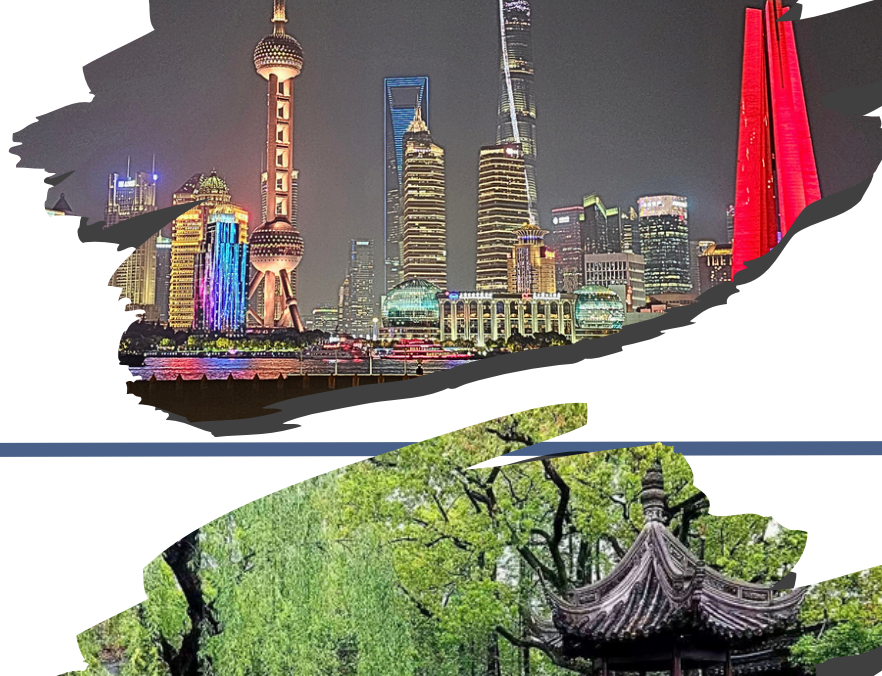
- Terracotta Army
- Mausoleum of the First Qin Emperor & Bronze Chariots and Horses
- Muslim Quarter & Bell and Drum Tower Square
- Performance by the Empress of Tang Dynasty at Tang Music Palace



DAY 12

SHANGHAI

- Flight to Shanghai (2 hrs)
- The Bund
- Nanjing Road
- Huangpu River evening cruise



DAY 13

SHANGHAI

- Oriental Pearl Tower
- Yuyuan Garden & Yuyuan Market
- Xintiandi & French Concession



DAY 14

SHANGHAI

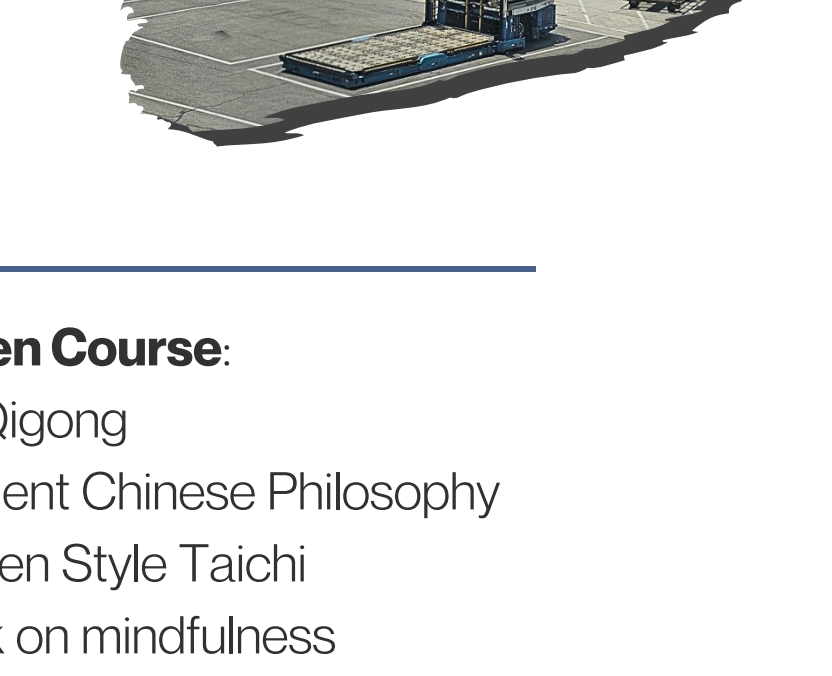
- Visit the Zhu Jia Jiao (ancient town on the river)
- Return to the city
- Enjoy the special afternoon tea (with surprise)



DAY 15

SHANGHAI

- Transfer to Shanghai International airport and return to your cosy home



¹ Daily Schedule for Kung Fu Zen Course:

Early Morning: Shaolin Zhoutian Qigong

Morning: Chen Style Tai Chi + Ancient Chinese Philosophy

Afternoon: Insight Calligraphy + Chen Style Tai Chi

Evening: Guided Meditation +Talk on mindfulness

For detailed retreat programs, please inquire.

Website: www.kungfuzen.org

E-mail: kungfuzen@outlook.com

Cell phone / WhatsApp / WeChat :+86 189 1136 4378

Address: Beijing,China