Unitar Online Catalogue

SHAOLIN Mindfulness Retreat: Advancing Physical and Mental Well-Being, Climate Action, and Cultural Heritage Preservation

Multilateral Diplomacy

□□□□ : 15 Mar 2025

□□ :	Retreat
□□ :	Shaolin Temple, China
□□ :	12 □□ 2025 to 16 □□ 2025 (□□□)
□□ :	6 Days
□□□□ :	Special event, , Environment, , Local Development, , Peace Security and Diplomacy
□□ :	https://event.unitar.org/full-catalog/shaolin-mindfulness-retreat-advancing-phy...
□□ :	US$2,000.00
□□□□□ email:	jiadan.yu@unitar.org
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The SHAOLIN Mindfulness Retreat offers leaders from organizations and enterprises a transformative opportunity to explore holistic approaches to physical and mental well-being, environmental sustainability, and the

preservation of intangible cultural heritage. Rooted in Chan culture and philosophy, this program provides a unique platform to engage with the United Nations Sustainable Development Goals while deepening participants' understanding of cultural heritage preservation.

Focusing on physical and mental well-being, the retreat introduces participants to balanced, harmonious living through the principles of Chan culture. It also emphasizes strategies for climate action and environmental protection, highlighting sustainable living practices inspired by Chan teachings. Additionally, the program underscores the importance of safeguarding cultural heritage, equipping participants with the tools and insights needed to protect and promote cultural legacies.

The retreat comprises four interactive modules—Chan Culture Seminars, Chan Practice Sessions, Environmental Protection Workshops and Intangible Cultural Heritage Field Visits. These modules integrate theoretical knowledge with hands-on practice, offering a comprehensive learning experience in well-being, sustainability, and cultural preservation.

By the end of the retreat, participants will be prepared to champion initiatives in these vital areas, aligning their efforts with the United Nations Sustainable Development Goals.

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The SHAOLIN Mindfulness Retreat seeks to harness and integrate a wide range of resources to advance the United Nations Sustainable Development Goals (SDGs). The program is designed to develop leaders who can effectively balance physical and mental well-being, environmental sustainability, and cultural heritage preservation through the study and practice of Chan culture.

Drawing on the extensive expertise and networks of the United Nations system, the retreat enhances participants' understanding of global challenges and strengthens their problem-solving capabilities. It aims to inspire participants to lead impactful initiatives in areas such as health and well-being, climate action, and cultural heritage preservation.

Through this program, participants will be empowered to make meaningful contributions toward achieving the SDGs, promoting sustainable development, and fostering global resilience.

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The SHAOLIN Mindfulness Retreat consists of four key modules:

Module 1 – Chan Culture Seminars

- Introduction to Chan Philosophy: A deep dive into the core principles of Chan culture and its influence on both personal well-being and societal harmony.
- Historical and Cultural Context: Exploring the historical evolution of Chan and its relevance in contemporary practices.

Module 2 – Chan Practice Courses

- Chan Meditation (Zazen): Guided sessions on Chan meditation techniques, focusing on cultivating mindfulness and mental clarity.
- Chan Retreats: Immersive experiences designed to help participants internalize and practice the principles of Chan.
- SHAOLIN Kung Fu: A holistic practice integrating martial arts and Chan philosophy, covering fundamental techniques, forms (kata), combat skills, physical conditioning, and the spiritual philosophy of “Martial Arts Chan,” where physical and spiritual disciplines are harmonized.

Module 3 – Environmental Protection Workshops and Practices

- Sustainable Living: Practical strategies for adopting a sustainable lifestyle, inspired by the teachings of Chan.
- Climate Action Initiatives: Hands-on activities and projects that promote environmental protection and proactive climate action.

Module 4 – Cultural Heritage Field Visits and Learning

- Cultural Heritage Exploration: Guided visits to key cultural heritage sites to gain a deeper understanding and appreciation of their significance.
- Preservation Practices: Engaging in practical activities to learn and participate in cultural heritage preservation efforts.

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Global leaders