

# SHI MIAO HAI SHAOLIN KUNG FU MASTER

JOIN KUNG FU TRAINING CAMP  
LEARN WITH A SHAOLIN MASTER  
INCREASE POWER AND SKILLS

## ALL INCLUSIVE

- ✓ 3 trainings per day
- ✓ 3 meals per day
- ✓ bed & bathroom

## FULL IMMERSIVE

📍 **China** - Zhengzhou

Dengfeng Shaolin District

**Disciplines** - barehanded  
weapon - combat - qigong

[shimiaohai.com](http://shimiaohai.com)





练

## WHAT YOU DO

### PRACTICE KUNG FU DISCIPLINES

barehanded & weapon taolu - sanda  
boxing - shaolin qinna - qigong  
taiji quan - meditation

---

### FROM MONDAY TO SATURDAY

wednesday & saturday afternoon + sunday free



**Training 1** — 6-7am

**Training 2** — 9-11am

**Training 3** — 2:30-5pm

---

### FROM MONDAY TO SUNDAY



**Breakfast** — 7am

**Lunch** — 11am

**Dinner** — 5pm





# WHERE YOU STAY

## PEACEFUL ENVIRONMENT

Clean accommodations in modern residence, surrounded by nature, where you can enjoy calm and serenity.

## SHARED ROOM & BATHROOM\*

Shared rooms with bunk beds, chinese style mattress, pillow & blanket. Convertible air conditioning. WC, shower, sink...

*\*Separated room & bathroom for females*

## OTHER SERVICES



washing machine



snack shop

**15** MIN

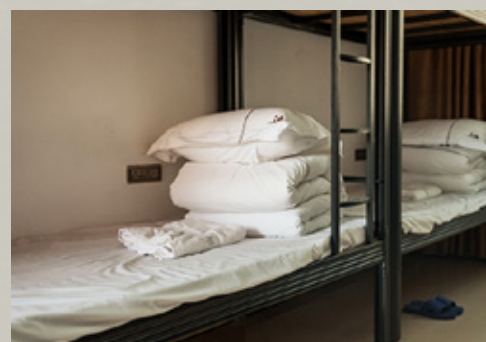
to the city  
~8€ taxi RT



wifi & RJ45 connexion



coworking reading area



# PRICE PER WEEK

1 week	3 000 ¥	9 weeks	15 500 ¥	17 weeks	25 000 ¥
2 weeks	5 000 ¥	10 weeks	17 000 ¥	18 weeks	26 000 ¥
3 weeks	6 500 ¥	11 weeks	18 500 ¥	19 weeks	27 000 ¥
4 weeks	8 000 ¥	12 weeks	20 000 ¥	20 weeks	28 000 ¥
5 weeks	9 500 ¥	13 weeks	21 000 ¥	21 weeks	29 000 ¥
6 weeks	11 000 ¥	14 weeks	22 000 ¥	22 weeks	30 000 ¥
7 weeks	12 500 ¥	15 weeks	23 000 ¥	23 weeks	31 000 ¥
8 weeks	14 000 ¥	16 weeks	24 000 ¥	24 weeks	32 000 ¥

## PRICE INCLUDES

Kung fu classes, 3 meals per day, accommodation, training clothes and shoes, issuance of documents for X2 VISA (accommodation certificate, invitation letter), government taxes...

## PRICE DOES NOT INCLUDE

Plane/train tickets, transfers, VISA fees.

*In the event of interruption of the stay, a partial refund may be granted according to the discretion of the master.*



# STEP 1

## ASK AVAILABILITIES

Send us an email (check application form PDF) with your questions and preferred dates.

## BOOK FLIGHT

Once we respond to all your questions and we found the best period for you, book your flight.

# STEP 2

# STEP 3

## FILL THE APPLICATION FORM

Fill the [application form](#) PDF\* with your valid informations, then save it and send it to the email adress printed on the top of the PDF.

## CHECK FORMALITIES (VISA)

**14 nights trip VISA exemption ! (check application form)**

If you plan to stay more than a month, you need VISA X2 (maximum 180 days), so we will issue an Invitation Letter & Accomodation Certificate.

# STEP 4