

少林寺

CENTRO CULTURALE SHAOLIN

MILANO



少林寺

Shifu Shì-Héng-Chán

釋恒禪



釋恒禪 Shiheng Chan

Menù di navigazione



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Biografia

35° Generazione Shàolín, discepolo diretto di 釋延達 Shì-Yán-Dá (少林寺监院 Supervisore del Tempio Shàolín, 少林寺武僧僧团长 Responsabile del Team di Esibizione Marziale dei Monaci Shàolín, 观音寺住持 Abate del Tempio Guānyīn)

- Campione Mondiale Shàolín 2000 e 2022
- Direttore Tecnico Didattico “CENTRO CULTURALE SHAOLIN di MILANO - Accademia di Scienze e Arti Tradizionali della Cultura Shaolin”
- Responsabile Tecnico Nazionale SHÀOLÍN dello C.S.E.N,
- Maestro WTKA Kung-fu 6° Dan,
- Educatore Sociale in Arti Marziali, Sport da Combattimento, Discipline Orientali” della Regione Lombardia secondo lo Standard Educativo Internazionale Jitakyoei e Certificazione di Qualità ed Etica UNI-EN-ISO 9001
- Operatore Olistico Supervisor S.I.A.F. (Società Italiana Armonizzatori Familiari) per la quale è stato nominato anche Commissario d’Esame per gli Esami di Operatore Olistico a Torino.

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- **Unico Maestro per il nord Italia che ha conseguito i quattro i livelli del sistema “Shàolín Gōngfū Duàn Pīn” (少林功夫段品制) il nuovo metodo Shaolin ufficiale istituito a livello mondiale.**
- **Primo Maestro a portare nelle Scuole italiane lo Shaolin Gong-Fu nel 2001; ha tenuto corsi di Shaolin per gli studenti della Scuola Media Superiore S.Caterina di Milano (in collaborazione con Ricercatrice FIDANS M.Boscolo e Programma PSICOFITNESS) e di vari Licei milanesi in collaborazione con Fondazione Italia-Cina.**
- **Keynote Speaker in Conferenze internazionali, universitarie e mediche.**
- **Insegna Baby Shaolin in Scuole Internazionali e bilingue.**
- **Profondo conoscitore di sanscrito (che ha insegnato in Gurukula ai bambini di 5-6 anni in India negli anni 80-90).**
- **Appassionato musicista esperto in diversi strumenti musicali indiani tradizionali.**

釋恒禪 Shiheng Chan

Come Maestro, Shifu Shì-Héng-Chán ha ricevuto dal suo Maestro iniziatore del Tempio Shàolín, il Venerabile Shì-Yán-Dá e dal monaco tutore (rappresentante ufficiale del Venerabile Abate ShiYongXin in Italia) Shì-Yán-Huī, la missione di divulgare il messaggio spirituale, culturale, terapeutico e marziale della millenaria tradizione Shàolín, per contribuire al benessere della società umana e suo sincero desiderio è quello di collaborare fraternamente per questo nobile scopo, con tutti i Maestri Shàolín italiani e occidentali.

Da decenni si dedica allo studio e all'insegnamento della cultura Shàolín in Italia.

Ha effettuato studi approfonditi nelle scienze della tradizione buddhista Shàolín con numerosi viaggi e soggiorni di studio in Oriente (Cina e India).

Nel 2012, da Milano, è arrivato al Tempio Shaolin in Cina in transiberiana, andata e ritorno.

A handwritten signature in Chinese characters followed by the name "ShiHengChan" in a stylized, cursive font.

Collabora con studiosi e centri di ricerca in ambito educativo, culturale e terapeutico in tutto il mondo.

È stato docente di Tàijíquán Posturale nell’Istituto Terapeutico della Dott.ssa Laura Bertelè, fondazione Apostolo, insegnando i principi del Taiji e del Qi-gong di Shaolin prima ai medici e terapisti dell’Istituto, durante i corsi di aggiornamento nazionali, poi con i pazienti affetti da patologie psicofisiche gravi e meno gravi.

Con il Sistema di Shaolin Qi-gong “Sutra della Guarigione” ha seguito e segue diversi pazienti malati di cancro e malattie onco-equivalenti, aiutando concretamente nel miglioramento della qualità della loro vita.

Ha ispirato la creazione della Fondazione OXIAMO Onlus, impegnandosi attivamente, grazie al supporto della Fondatrice Antonella Koenig, per l’integrazione delle arti terapeutiche Shaolin negli ospedali.

釋恒禪 Shiheng Chan

Autore della I^a Letteratura in Lingua Italiana - con traduzione dai testi originali- su storia, filosofia, spiritualità, psicologia, tecnica interna/esterna e back-ground culturale dei leggendari Monaci-Guerrieri del Tempio Shàolín.

Con questo suo intenso impegno e azione di divulgazione anche letteraria (oltre che educativa tramite corsi/seminari in Accademia e performativa tramite spettacoli ed esibizioni in TV, Festival ed Eventi) opera in omaggio dell'Abate del Tempio, il Venerabile Shì-Yǒng-Xìn,

per lo Shàolín World Heritage Status (culla del Kung-fu cinese e del Buddismo Chán) ufficialmente riconosciuto durante il 34° Committee U.N.E.S.C.O il 1 Agosto 2010.

釋恒禪 Shì Héng Chán

Tra le sue opere, già pubblicate a livello nazionale: “SHÀOLÍN: mistero e magia dei monaci guerrieri” e “Il TONG-ZI-GONG: lo Yoga buddhista dei Monaci Shàolín” (Xenia), “SHÀOLÍN- Teoria e Pratica delle antiche arti terapeutiche orientali” e "SHÀOLÍN Rou-Quan" (Om).

Diffonde la cultura tradizionale Shàolín anche tramite l'enciclopedia web libera Wikipedia e i Social Network Facebook, Instagram, Linkedin.

釋恒禪 Shiheng Chan

Servizi

Shīfu Shì-Héng-Chán offre diversi servizi, tra i quali:

- servizio di coaching personale
- servizio di coaching pubblico
- servizio di Team Building Aziendale
- servizi educativi: bambini, adolescenti, scuole italiane e internazionali.
- servizi di accompagnamento alla guarigione per malati e anziani
- servizi sociali ai diversamente abili
- servizi culturali
- servizi editoriali
- servizi mediatici
- servizi e collaborazioni con istituti di ricerca, servizio di avviamento, orientamento e cura spirituale.

per usufruire di uno di questi servizi è possibile contattare **Shīfu Shì-Héng-Chán** tramite la pagina contatti.

釋恒禪 Shihengchan

Biography

Shīfu Shì-Héng-Chán (釋恒禪) born at Milan 06-09-1966.

- Direct disciple of Venerable 釋延達 Shì-Yán-Dá.
- Shàolín Master, Shàolín Gōng-fu World Champion 2000 and 2022, Shàolín Artist and Performer
- Shaolin Wugong 6th Duan Wei
- Founder and Director of “Shàolín Temple Italy Asd: Shàolín Cultural Center of Milan - Academy of Sciences and professional formation in Traditional Arts of Shàolín Culture” to CSEN (National Sport Educative Center) and CONI.
- Author of the 1th systematic Shàolín Encyclopedia (32 books + audio and video) in Italian language, with translation from original chinese Shàolín Temple texts, on history, philosophy, spirituality, psychology, internal / external technical and cultural background of the legendary Shàolín Culture.
- Technical National Director Shàolín Sector of C.S.E.N (National Sport Educative Center).

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- The only Master for northern Italy that has achieved the four levels of the “Shàolín Gōngfū Duàn Pǐn” system (少林功夫段品制) the new official Shaolin method established worldwide.
- Social Educator of Lombardy Region in Martial Arts, Fighting and Oriental Disciplines by International Educational Standard Jitakyoei with Quality Certification UNI EN ISO 9001.
- Keynote speaker about Shaolin Culture in important national and international Conference and Events with doctors, educators, teachers (es: Second International Conference on Mindfulness (2nd ICM) at the Sapienza University of Rome by AIM – Mindfulness Italian Association and MacTavish Behavioral Health, Consciousness, Mindfulness, Compassion International Association; "Vital Energy: a multidisciplinary approach to the care of the person" Conference organized by SAMIARC Foundation etc)
- S.I.A.F. Supervisor Holistic Operator + Examination Commissioner (Italian Family Harmonizers Society).

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- He teaches Baby Shaolin in International and Bilingual Schools.
- Deep connoisseur of Sanskrit (who taught in Gurukula to children aged 5-6 years in India in the 80s-90s).
- Passionate musician experienced in several traditional Indian musical instruments.

釋恒禪 Shiheng Chan

Shīfu Shì-Héng-Chán began his training in Martial Arts at the age of six. Lived ten years in India like missionary teacher and Charitable Food For Life distributor to the poors. There he studied Buddhism, Hinduism, Sanscrit, Yoga and Sacred Scriptures.

He started his training in Shàolín Gōng-fu (Weapons, Forms and Acrobatics), Sanda (Chinese Boxing) and Qì-Gōng at the age of twenty-four with Shàolín Monks. He became a Shàolín Master and won the gold medal in Shàolín World Championship 2000.

Shīfu Shì-Héng-Chán is proficient in all aspects of Shàolín Gōng-fu (traditional forms and weapons), Qì-gōng, Tàijíquán and Shàolín Róu-Quán. His specialities are the double nine section Chain Whip, Gun, Pu Dao, Xuan Dao, Wu Xing Quan, Wu-Xing-gōng, Jing-Gang-Quan, Ba-Duan-Jin, Yi-Jin-Jing and Xi-Sui-Jing. He is seriously and with passion spreading anti-cancer Yì-Zhì Gōng to help people who is suffering for terminal deasease.

A handwritten signature in Chinese characters (釋恒禪) followed by the English name "Shiheng Chan" in a cursive script.

With Shaolin healing practices, he personally oversees cancer patients and people with disabilities (blindness, autism ...) in their care pathway.

Shifu Shì-Héng-Chán performed, as Technical Director, in the “Shàolín Italy Team”, in Italian television programs, sporting structures and theatres, and to this day continues to perform spreading the message of Shàolín Culture across Italy. He introduced for the first time Shàolín Gōng-fu in Italian Primary, Secondary and High Schools as well as University.

Through workshop and conferences, he actively teaches the Internal Arts of Shàolín to doctors and therapists in order to improve the condition of patients suffering from very serious mental and physical illness.

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Shīfu Shì-Héng-Chán has now been teaching Shàolín Martial Arts for over 25 years: he carried out extensive studies in the Sciences of Shàolín Buddhist Tradition with numerous travel and study in the East, and providing also a vocational education/ training to young motivated and talented people, teaching both Yoga and Tàijíquán.

For 20 years, he dedicated to studying and teaching of Shàolín culture in Italy. After more 10 years in the Bergamo city-area, in 2007, Shīfu Shì-Héng-Chán opened the “SHÀOLÍN TEMPLE ITALY, Shàolín Cultural Center of Milan, -Shàolín-Quan-Fǎ Milan, Academy of Sciences and professional formation in Traditional Arts of Shàolín Culture” based in Milan.

In 2009 and 2010 Venerable Shì-Yán-Dá and some Shàolín Monks visited the Center, teaching in the Academy and setting the correct training standard.

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In 2012, he undertook a very hard journey by train, crossing Europe, Russia, Syberia, Mongolia and China, to reach Sōngshān Shàolín Temple were studied with the monks.

Since 2020, he has been responsible for the "Saolin Temple of the Lake" project.

Being inspired with the Spirit of mercy, wisdom, courage and compassion for all living beings of Buddha, Shifu Shì-Héng-Chán's mission is to spread the authentic martial, cultural, therapeutic, spiritual teachings of Shàolín and Chán Buddhism Culture across Italy.

He spreads Shàolín Traditional Culture by collaborations with professors, doctors and research Centers in the educational, cultural and therapeutic area, even through the free web encyclopedia Wikipedia and Social Networks in order to educate people, since childhood, to the Shaolin Art of nourishing life for preservation of personal and collective health,

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with the purpose to contribute in creating health for society on a physical, psychic and spiritual level, to build the “Land of purity” in the world and to contribute to the Social Welfare for a genuine cultural exchange between East and West, in fraternal cooperation with all the Shàolín Masters in Italy and worldwide.

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Collaborate with scholars and research centers in the educational, cultural and therapeutic fields around the world.

He was a teacher of Postural Tàijíquán at the Therapeutic Institute of Dr. Laura Bertelè, Apostle foundation, teaching the principles of Taiji and Shaolin Qi-gong first to the doctors and therapists of the Institute, during national refresher courses, then with patients suffering from serious and less serious psychophysical pathologies.

With the Shaolin Qi-gong System “Stra of Healing” he followed and follows several patients suffering from cancer and onco-equivalent diseases, helping concretely in improving their quality of life.

He inspired the creation of the OXIAMO Onlus Foundation, actively engaging, thanks to the support of the Founder Antonella Koenig, for the integration of Shaolin therapeutic arts in hospitals.

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Services

Shīfu Shì-Héng-Chán offers several services, including:

- Personal coaching service
- Public coaching service
- Business Team Building Service
- Educational services: children, adolescents, Italian and international schools.
- Healing accompaniment services for the sick and the elderly
- Social services to the disabled
- Cultural services
- Editorial services
- Media services
- Services and collaborations with research institutes, spirituality start-up service, spiritual guidance and care services.

To take advantage of one of these services you can contact **Shīfu Shì-Héng-Chán** via the contacts page.

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COLLABORATIONS

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CONTACTS

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